

THE MEN'S HEALTH 2015 **GUIDE TO STYLE** P58

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SINGAPORE
OCTOBER 2015

Men's Health

SINGAPORE'S NO. 1 MEN'S MAGAZINE

MENSHEALTH.COM.SG

STRIP AWAY FAT!

WAGE WAR ON YOUR
GUT AND **DEFEAT YOUR
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MAKE ANY
GIRL **WANT
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TO YOUR LIFE**
IN JUST 20 SECONDS P22

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FITNESS!
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RAPID RESULTS

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➔ **POST-RUN
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**5 TRICKS
FOR A
BETTER
SHAVE**

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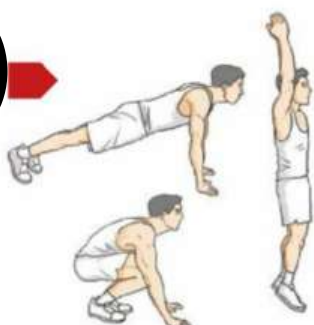
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ON THE COVER

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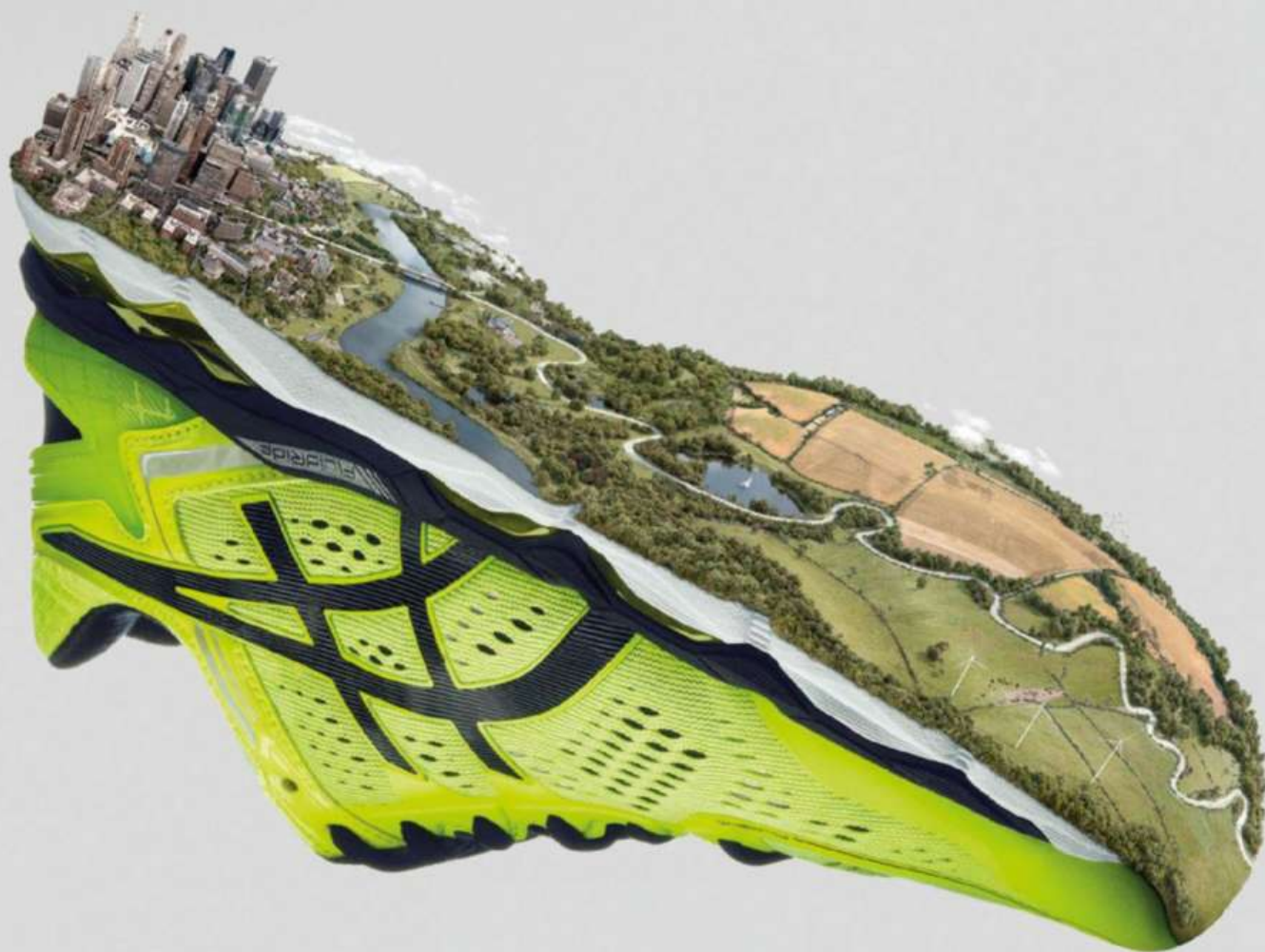
How do you create an advantage when your rivals seem unbeatable? The answer is to pick yourself apart – to dismantle the man and build the champion.



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The moment this reader held himself responsible for his unfit self, it was the beginning of a tremendous journey.



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COMFORT
OVER PRIDE

There's been a lot of talk in the last few months about Singaporean men and our fashion sense, and bringing it to a crescendo was six local guys who started a "movement" called "The Gentleman's Pride."

Usually clad in lavish, tailored suits and ties, the meticulously well-groomed sextet promote a sartorial gospel on their Instagram page, in the hopes of attracting more men to their cause.

The *Men's Health* team observed their efforts, and the subsequent online banter it ensued, with a fair bit of bemusement. Yes, admittedly a fair number of Singaporean guys do take our love of that 10-year-old Hawaiian Mambo tee too far. And some of our mums are still complaining about jeans that look like we're hiding chickens in our pants.

But, on the other hand, is dressing up in layers more suited for European climates really the answer? We didn't think so.

And in this issue's *Guide to Style*, you'll see what our interpretation of the Singapore swag is. It's comfortable, it's relaxed, but it still looks dapper without having to layer to the point of heatstroke.

Keep on stylin', lads!



EDITOR

5 SKILLS YOU'LL HAVE
MASTERED AFTER READING THIS ISSUEP26
HOW TO
SAVE YOUR
LOVE LIFE.

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MAKE
MONEY FROM
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PROPERTY.

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DISH UP AN
AWESOME
SALAD.

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









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PLAY
TENNIS
LIKE
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














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DATE YOUR
BEST
FRIEND'S
EX-GIRLFRIEND.

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WHAT TO WEAR FOR AN UPCOMING RUN

Some of us wonder: Why don't running clothes when a cotton tee will do just fine? Well, if you want to run faster and further, keeping the sweat off your back is just the beginning.

www.tinyurl.com/mhrunningwear



YOUR GREATEST FOOD CHALLENGE

Do you know where the best guy grub spots are? Go to the link below and stand a chance to win the grand prize - a weekend test drive with the Volkswagen Scirocco!

www.menshealth.com.sg/VWquiz



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MH VIDEO:

ASICS 33-DFA SHOE REVIEW

Watch as one of our readers tell us what he thinks about the Asics 33-DFA running shoe. It may prove useful, especially if you're still searching for the right pair!

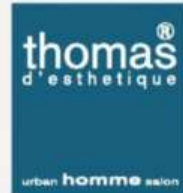
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LIFE'S QUESTIONS ANSWERED



When it comes to frying fish, you need to have a good knowledge of chemical wok-fare.

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■ DIGITAL IMAGING ASHRUDDIN SAMI



HOW DO I COOK FISH WITHOUT STINKING UP THE HOUSE?

— Tony

You need to take action before the salmon even hits the skillet. The muscle tissues in seafood are stocked with trimethylamine oxide (TMAO), an odourless organic compound that helps fish live in salt water, says Lee Jung Lim, an associate professor of food microbiology at Delaware State University in the US. But once fish die and are exposed to oxygen, bacteria produce an enzyme that converts TMAO into trimethylamine (TMA), a process that produces the distinct stink. The longer a fish is out of water, the more TMA is released. So stop the stench by soaking or rubbing the fish in an acidic solution,



WHAT'S THE BEST WAY TO REMOVE WATER FROM MY EARS AFTER SWIMMING? – Tom

We'll start with the worst ways: using a cotton swab or a hairdryer. If you stick the swab in too deep, you could damage your eardrum. And if you shoot hot air in there, you might melt the wax and make it run into your ear canal, says Dr Steven Rauch, a professor of otolaryngology at Harvard Medical School. No, this is a problem best solved with alcohol. Your tube-like canals are lined with delicate, oily skin that causes H₂O to sit on top, similar to the way raindrops bead on a freshly waxed car. You need to break the surface tension, and that's where the alcohol comes in. "It's far less prone to beading up, so the water will run right out," says Dr Rauch. Your treatment plan: Soak a cotton ball in rubbing alcohol, lie down on your side, and squeeze the liquid into the affected ear. (You might need to massage the outside to help

the alcohol drain into the canal.) Now sit up and tilt your head the other way so the water is able to drain out. No success? The water could be trapped behind wax build-up. Time to visit an ENT specialist, who can clean it out.

WHEN I'M ASKED TO MAKE A DONATION TO CHARITY, I GET ANNOYED. AM I NORMAL? – Mark

Don't worry. The annoyance usually arises from the public nature of the ask. "There's a lot of social pressure involved," says Stefano Dellavigna, an American professor of economics and business administration. "Being put on the spot can be very uncomfortable." In a study he published in *The Quarterly Journal of Economics*, Prof Dellavigna found that when people were given the chance to avoid interacting with a charity solicitor, some 25 percent took the out. Those who gave? They felt ambushed and coerced into opening their wallets.

LEGAL EASE

WHAT'S MY LEGAL RECOURSE IF MY AIRBNB RENTAL DOESN'T LOOK LIKE WHAT'S IN THE PICTURES? – Ryan

"You may have an action for misrepresentation against the lessor," says Shaun Lew of Samuel Seow Law Corporation. That means you have a choice to void or affirm the contract. If you had paid any money to the lessor, you will be entitled to a refund. Affirming the contract, however, allows the contract to continue. If the misrepresentation was made fraudulently, you may also be able to claim compensation under the Misrepresentation Act.

Do you have a question about the law that you want to find out?
Please send it to us at magmenshealth@sph.com.sg.

The legal information here does not constitute legal advice. You should always consult a lawyer for the professional assurance that our information, and your interpretation of it, is appropriate to your particular situation, before you commence any sort of legal action. We are not liable if you fail to do so.

such as vinegar or lemon juice, Prof Lee says. This suppresses bacterial growth and causes the TMA to bind to water instead of stinking up the air. Let the fish sit for a few minutes, rinse it with water, then cook. Or dunk the fish in dairy for a half hour before cooking. The caseins in milk attach to fish muscle, preventing TMA from evaporating. Both ways keep the fish fresh, not funky.



CAN I REALLY GET CANCER THROUGH ORAL SEX? – Alan

MAYBE.

I take it we have Michael Douglas to thank for this one. In a frank interview with *The Guardian*, the former lothario claimed that his throat cancer was caused not by a history of tobacco and alcohol consumption but his penchant for cunnilingus. He may have been partly right. It's not so much that oral sex can cause cancer, but an infection called HPV (human papillomavirus – it's what causes genital warts). A study by the National Institute of Health found 72 percent of all oral cancers are HPV-related, and men are at more risk by going down on women than any other combination. But perspective is required (in 90 percent of cases, the immune system clears HPV within two years), as is skepticism.

THE FBI'S TOP RECRUIT IS NOW THEIR MOST WANTED

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BULLETINS

HEALTH → SEX → NUTRITION → FITNESS → WEIGHT LOSS



Sane servings of the same old food may lead to a leaner you.

FAVOURITE FOODS FOR FAT LOSS

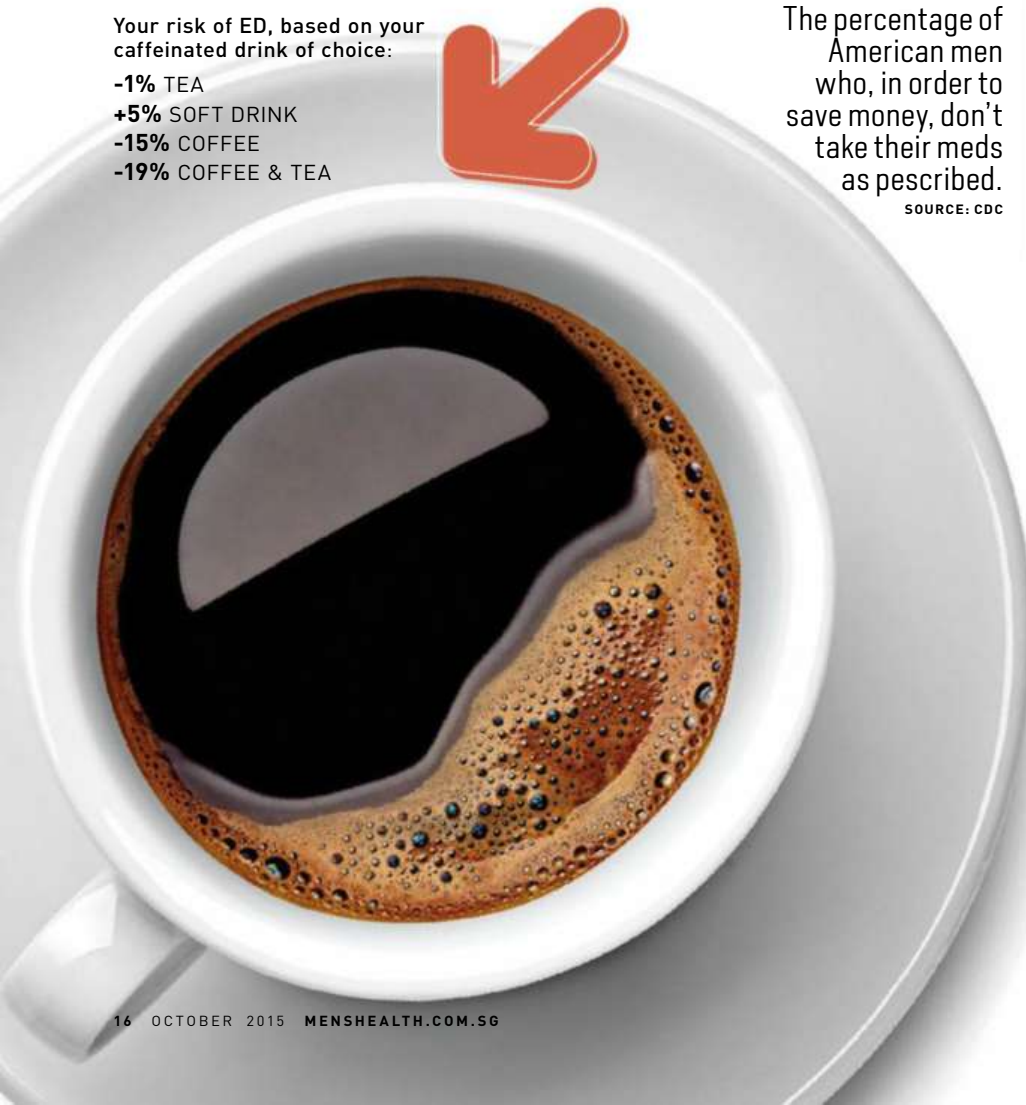
Habits aren't all bad: **Sticking with one brand of food may help you curb overeating**, say UK scientists. After feeding pizza to study participants, they found that folks who typically varied their pizza brands and types were less likely to find the slices satisfying than those who tended to stay loyal to one. And the greater their dissatisfaction, the more junk they ate afterwards. Your expectation of a food affects your enjoyment of it, the authors explain. If it's not what you expected, you might eat more.

BUY LITTLE BRO A COFFEE

Fire up the auto-drip to avoid the bedroom droop. **Java can reduce your odds of erectile dysfunction**, a University of Texas study reveals. Men who downed the caffeine equivalent of two or three cups of joe a day had a 39 percent lower risk than guys who took in little or none. Caffeine relaxes penile arteries, boosting blood flow, says study author David Lopez. While even one cup of coffee can help, a jolt from sugary soft drinks may increase your ED risk.

Your risk of ED, based on your caffeinated drink of choice:

- 1% TEA
- +5% SOFT DRINK
- 15% COFFEE
- 19% COFFEE & TEA



WALK, OR DIE

Your company still hasn't sprung for standing desks? Stage a walkout. American scientists report that **a quick stroll can help offset the deadly consequences of sitting all day**. People who walked an extra two minutes each hour lowered their risk of premature death by a third, compared with folks who spent most of their time planted in a seat. That's one work threat eliminated.

The percentage of American men who, in order to save money, don't take their meds as prescribed.

SOURCE: CDC

DON'T TOUCH THAT!

THE KITCHEN DISHCLOTH

Bag the rag. When US researchers had people prepare a meal containing raw meat and then make fruit salad, they found that the towels they used harboured more bacteria than the countertops, sink faucet and rubbish bin's handle. Study author Jeannie Sneed says we tend to unconsciously touch the cloth with germ-y hands or use it to dry them after inadequate washing (less than 20 seconds of scrubbing). If you can't correct these microbial missteps, use paper towels.



HAZED AND CONFUSED

Get your head out of the exhaust clouds. **Exposure to air pollution may affect the size of your brain**, a recent Harvard University study suggests. The findings linked living in areas of poor air quality to smaller brain volume (the equivalent of about a year of brain ageing). Study author Elissa Wilker explains that tiny toxic particles can lodge in your lungs, causing widespread inflammation that may lead to cerebrovascular damage. To prevent premature greying of your grey matter, monitor your local air quality with the free Epa Airnow app and avoid exercising outdoors when that index tops 100.

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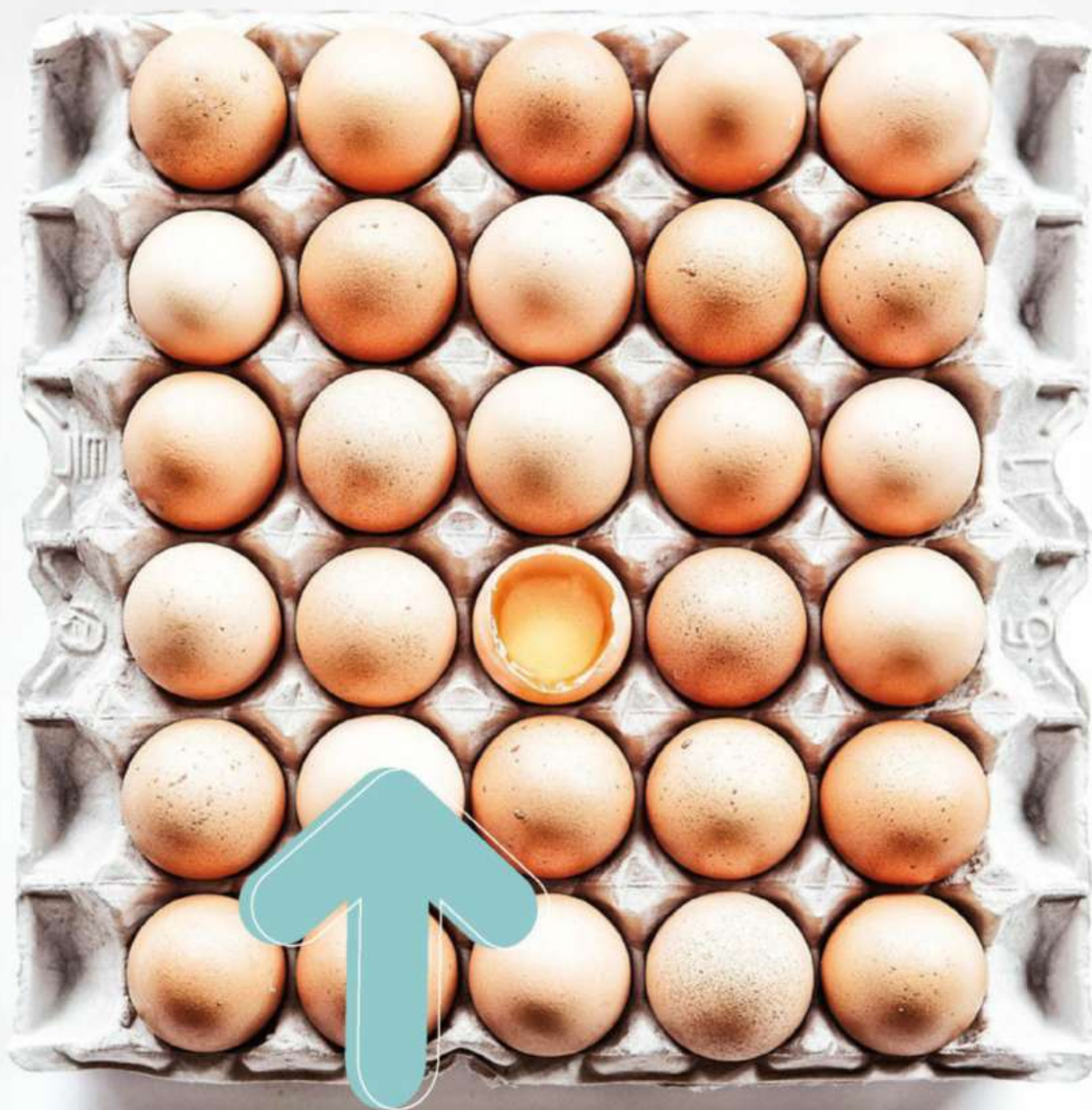
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NUTRITION

BULLETIN



DIABETES? OVER, EASY

Scramble your defences: According to a study in *The American Journal of Clinical Nutrition*, **eggs could help protect you from type-2 diabetes.**

Men who downed at least four medium eggs a week had a 37 percent lower risk of the disease than those who ate one egg or less. Antioxidant carotenoids in yolks may fight the chronic inflammation associated with diabetes, the researchers say. They recommend at least an egg a day for the maximum benefit.

■ PHOTOS (MAIN) TOPIC PHOTO AGENCY/CORBIS & (GUY WITH SALAD) WEST/CORBIS ■ ILLUSTRATION GREYJ/123RF

FLAX OF LIFE

Feeling hyper-tensed about hypertension? **Eat flaxseed to keep your blood pressure in check**, say scientists in Australia. People who ate 2 to 4 tablespoons of whole or ground flaxseed daily saw their systolic BP drop by 3.4 points, enough to cut their stroke risk by 10 percent. The alpha-linolenic acid in flax may reduce the amount of fatty-acid byproducts in your blood, preventing the narrowing and blockage of arteries, the researchers say. Toss whole seeds on soups, salads and cereals.

The percentage less fibre found in frozen carrots than in fresh ones.

SOURCE: JOURNAL OF AGRICULTURAL AND FOOD CHEMISTRY

25

JEDI MIND TRICK

SNACK FIRST, THEN SHOP

Eat a healthy snack, like a piece of fruit, before you go grocery shopping. Doing so tricks you into buying 25 percent more fruit and vegetables than if you hadn't snacked.

■ **HOW IT WORKS** Healthy noshing before buying food primes your brain for the decisions you'll make inside the supermarket, according to US researchers.

KITCHEN HACK

Chew with your airwaves open: **Corn oil and soya bean oil may be hurting your lungs**. They're loaded with gamma-tocopherol, a form of vitamin E that may cause enough inflammation to reduce lung function by 10 to 17 percent, say American researchers. Instead, stock up on olive, sunflower and safflower oils, all of which are low in gamma-tocopherol. They are rich in alpha-tocopherol, a form of vitamin E that may help ease lung inflammation.

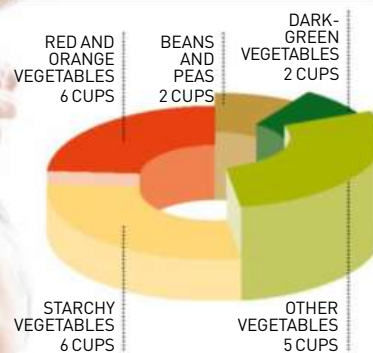


RAKE IN THE ROUGHAGE

Over 90 percent of American men don't meet federal guidelines for vegetable intake. Don't be like them. Find delicious ways to hit the target (below) at www.menshealth.com/guygourmet.



TOTAL: 21 CUPS A WEEK*



*For an 80kg man who averages five hours of activity a week

DISEASE DEFENCE

AVOID A BUM DIAGNOSIS

Drink milk, save your butt. **Calcium may help stave off colon cancer**, an *International Journal of Cancer* study suggests. People who took in an extra 300mg of the mineral a day – the amount in a glass of milk – cut their chances of developing high-risk colorectal growths by 11 percent. Calcium binds to excess bile acids, neutralising their carcinogenic effects.

WEIGHT LOSS

BULLETIN

BIG FAT LIE

Don't fall for bull when trying to tip the scales, especially with the idea that all carbs make you fat.

A blanket veto achieves nothing. Focus on fibrous and nutritious carbs such as nuts and sweet potatoes. They will boost energy and stop you losing muscle.



The percentage of cancer deaths attributed to obesity.

SOURCE:
HARVARD UNIVERSITY

AMAZING GRAZE

Chew on this: An edible grass may help prevent weight gain, a study in the journal *Food and Agricultural Immunology* reports. Overweight male rats that ate sorghum fibre every day for eight weeks gained less weight than those on a sorghum-free diet. **Digesting the fibre produced higher levels of Lactobacillus and Bifidobacteria** – healthy gut bugs believed to help with weight control, according to scientists. More research is required, however.

HUNGER PAINS

New research from the Yale School of Medicine suggests that **an achy back may make you overeat**. In the study, people with chronic low-back pain enjoyed pudding less than pain-free people. The researchers also found that no link existed between how much the back-pain sufferers liked the food and the quantity they ate. This disconnect may occur because brain circuits that process pain overlap with those that register food's appeal, says study author Dr Paul Geha.



COLOUR OFF CALORIES

Associate a powerful colour, such as red, with time spent at the gym. Pairing vivid imagery with a goal makes it a more dominant thought, says psychologist Daniel Wagner. Purple dumbbells, anyone?



This Dyson DC62 cordless vacuum is engineered to remove harmful dust and allergens.



So these don't have to.

Unlike traditional cleaning methods that leave dust behind in the home, the Dyson DC62 cordless vacuum uses powerful 2 Tier Radial™ cyclone technology combined with the Dyson digital motor V6, to capture harmful dust and allergens securely in the bin.



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FITNESS

BULLETIN

IMBALANCE OF POWER

Next time you squat, skip the plates and hang kettlebells from the bar instead. **Lifting an unstable load engages more muscle throughout your body, a study in *The Journal of Strength and Conditioning Research* reveals.** How much more? The researchers found

that activation in the quads, calves and core of participants rose 13, 72 and 86 percent respectively. Do this: Grab kettlebells that total 50 to 60 percent of the weight you normally squat, and hang them from the bar with resistance bands. Do 5 sets of 15 reps. This technique also works for the bench press.



The percentage of measurable change in people's strength when they lifted weights while wearing kinesio tape.

SOURCE: JOURNAL OF SCIENCE AND MEDICINE IN SPORT

MOVE LESS, GROW MORE

Stay still to bolster your core: **Isometric exercises may be the best way to train your core**, according to researchers at the University of Waterloo in Canada. They found that exercises requiring you to hold a rigid position (like the ones below) boost core stability more than those that don't. "Isometric moves not only extend your core's time under tension but also reinforce its primary job – staying stiff to protect your spine and transfer energy between your limbs," says study author Stuart McGill.

RULE REVERSAL: LIFT AWAY BACK PAIN

Old Rule A guy with an achy back should avoid the deadlift. Period. **New Rule** Deadlifting can ease mild lower-back pain by teaching you to activate

stabilising muscles around your spine, a Swedish study reports. "It also strengthens your glutes, which are often weak in men who have back pain," says study author Lars Berglund.



HARDCORE TRIPLE PLAY

Each time you train, perform moves that Canadian biomechanics expert Stuart McGill calls the "Big 3" of ab exercises. Do 5 sets of 5 reps per exercise, resting as needed between sets.

PLANK

Assume a push-up position but support your weight on your forearms. Hold for 10 seconds. That's 1 rep. Rest briefly (2 or 3 seconds) between reps, lowering your hips to the floor.



BIRD DOG

Get on your hands and knees, and raise your left arm and right leg until they're in line with your body. Hold for 10 seconds. Repeat with your right arm and left leg to complete 1 rep.



SIDE PLANK

Lie on your left side, your legs straight and upper body propped on your left forearm. Raise your hips. Now hold for 10 seconds and repeat on your right side. That's 1 rep.



PHOTO JOSE LUIS PELAEZ/CORBIS

SPORTING STYLE

QUIKSILVER REDEFINES CASUAL CLASSIC IN ITS LATEST MENSWEAR COLLECTION.

Quiksilver's Modern Originals range takes functional fashion to new heights. Carefree and casual, the new lines – Surf Trippin' and Dark Rituals – showcase the brand's innovative marrying of design, fabric and technology into lifestyle apparel that have delighted surfers and action sports lovers since the 1970s.

■ SURF'S UP

Inspired by the laid-back vibe of surfing culture, the Surf Trippin' collection is a beach-ready range of apparel featuring funky boardshorts, casual vintage-printed shirts, flannels and fleeces. Sun-bleached hues like ocean blues, knocked-back burgundy, light greys and olive recall nostalgic days at the beach where bonfire barbecues and spontaneous road trips made life colourful. It's no wonder this is the choice for top pro surfer Dane Reynolds.



↑
SURF TRIPPIN' COLLECTION (\$43 TO \$89)
EXUDES LAID-BACK CHIC AND WILL GO
DOWN WELL WITH BEACH LOVERS.



■ FASHION FOR EVERYDAY

A throwback to the grunge wave of the 1990s, the Dark Rituals collection channels effortless style à la star pro surfer Craig Anderson. Think vintage elements like slimmer silhouettes and muted shades such as deep blacks, dusty burgundy and concrete grey, and eye-catching signature details from used-look washes to tie-dye patterns and unconventional prints. Available in a wide range of sweaters, tees, boardshorts and backpacks, they capture Quiksilver at its urban best.



↑
DARK RITUALS
COLLECTION'S (\$43 TO
\$119) VINTAGE VIBE
IS IDEAL FOR THOSE
WHO APPRECIATE
UNCONVENTIONAL
PRINTS.



GET MOVING

Flash or take a snapshot of this advertorial to enjoy \$10 off all Surf Trippin' and Dark Ritual tees at any Quiksilver store. Promotion is from Oct 1 to 31, 2015. Quiksilver is at Bugis+, Jem, Marina Sq, Orchard Central, Tampines Mall and Vivocity.

SEX

BULLETIN



BASK IN THE AFTERGLOW

Her – and your – levels of the so-called “love hormone” oxytocin peak after sex, found the University of Michigan in the US. But don’t expect neurochemistry to do all the hard work:

Women whose partners fell asleep straight after the act were more likely to report a lack of closeness. Need another reason to make time for post-coital kissing?

Men’s saliva contains traces of libido-increasing testosterone...

10

The average number of times a day women think about sex, compared to 19 times for men.

SOURCE: OHIO STATE UNIVERSITY IN THE U.S.

PHOTOS (MAIN) SARAH KASTNER/CORBIS & GLOWIMAGES/CORBIS

FIDELITY COMES FIRST

Maybe you flash a Rolex and look like George Clooney, but women somehow manage to look past all that. For a long-term relationship, **women care more about whether you've cheated in the past** than about financial stability, good looks or common interests, a new study from Oakland University in the US found.

IS SHE A HOOT IN BED?

Here's a revealing question for a first date: When is your bedtime? **Women who are night owls may be more sexually uninhibited than early birds**, suggests a study in *Personality and Individual Differences*.

Researchers found that those who like to stay up late and sleep in are more open to casual sex than those who hit the hay early. The most obvious explanation: "Women seeking one-night stands do so in the evening, since social activities take place then," says study author Konrad Jankowski. Plus, men tend to be more naturally nocturnal, so late-night ladies have a greater number of opportunities for hook-ups.



14

The percentage increase in her sex drive with an extra hour of sleep. Just one night of missed sleep can curb her libido for up to a week.

SOURCE: THE JOURNAL OF SEXUAL MEDICINE

BEFRIEND A BABY

Your best wingman might still be in diapers. According to research from France, **men who played nice with babies were more than three times as likely to score a woman's phone number** than guys who ignored newborns. In fact, 40 percent of ladies gave up their digits after they saw men smiling and cooing with the tykes.



ALPHA α MALE

SEX • COUPLES • HEALTH • NUTRITION • GUY WISDOM • STYLE • GROOMING

TEXT LAURENCE ROY STAINS PHOTO ANSOAR PHOTOGRAPHY/CORBIS



25

WAYS TO SAVE YOUR LOVE LIFE (AND YOURSELF)

WANT TO KNOW THE SURPRISING THING? IF YOU SAVE THE RELATIONSHIP, YOU'LL SAVE YOUR OWN BUTT AS WELL. THAT'S BECAUSE THE SHAKY SUPERSTRUCTURE OF YOUR HEALTH AND WEALTH RESTS ON THE EMOTIONAL BEDROCK OF YOUR LOVE LIFE. TO BUILD A MORE PERFECT UNION, START HERE.

E

ven happily married guys wonder what sorts of itches they'd be scratching if they were to ditch the wife. Their "newly single" fantasy might include long, naked weekends with a Hooters waitress, but the reality is not nearly as provocative. As a divorced man, you are 39 percent more likely to commit suicide. Even if you don't kill yourself, you will die younger. Oh and yes, divorce crushes your finances: A study of divorced baby boomers found that a split slashed their wealth to less than a quarter of what they would've had if they'd never wed at all. Not married but in a strained relationship? You're not spared either. So we've collected 25 tips that can protect you from the sickly, cash-poor single life. Save your marriage (and love life) before it's too late!

01

ASSUME THE BEST EXPLANATION FOR WHAT SHE DID, NOT THE WORST

Think of an annoying thing she does that you regularly misinterpret. Psychologists call this a "maladaptive attribution." Then stop it. You can improve your love life simply by thinking about it differently. Choose the kindest possible interpretation for her actions instead of the ugliest.

02

TAKE THE ZERO-NEGATIVITY CHALLENGE

How many days this month can you go without doing or saying a single negative, hurtful thing to your wife or girlfriend? Give it a try, suggest Harville Hendrix and Helen Lakelly Hunt, who've written 10 books on relationships. You can strike sarcasm off the list, too. In the words of Terry Real, the author of *The New Rules of Marriage*: "Sarcasm eats intimacy." Your words matter. Measure them.

03

A FOOT MASSAGE WORKS WONDERS. A HEAD MASSAGE WORKS MIRACLES.

04

DON'T MAKE A COMPLAINT. MAKE A REQUEST INSTEAD. (POLITELY!)

05

WRITE HER A LETTER - ON PAPER

An American study of soldiers found that exchanging letters with their women had a more positive and long-lasting effect than texting did.

06

WATCH THIS SEX VIDEO

"Make-up sex" doesn't solve a fight, and latent anger can be a lust killer. Sit down together and watch the talk by family therapist Michele Weiner-Davis on Youtube called *The Sex-starved Marriage*. Even if you're not exactly starving, this video can help stoke hunger now and forever.

07

DON'T TRY TO FIX HER PROBLEMS - JUST LISTEN TO THEM

"Men are conditioned to solve problems and protect the women they love," says couples

therapist Shiri Cohen, an instructor at the Harvard Medical School. "This can backfire when all she really wants is to be heard," she says. "The next time your mate needs to vent or complain, just give her your open ears." If you think you do have a good solution, wait and bring it up later during a separate conversation.

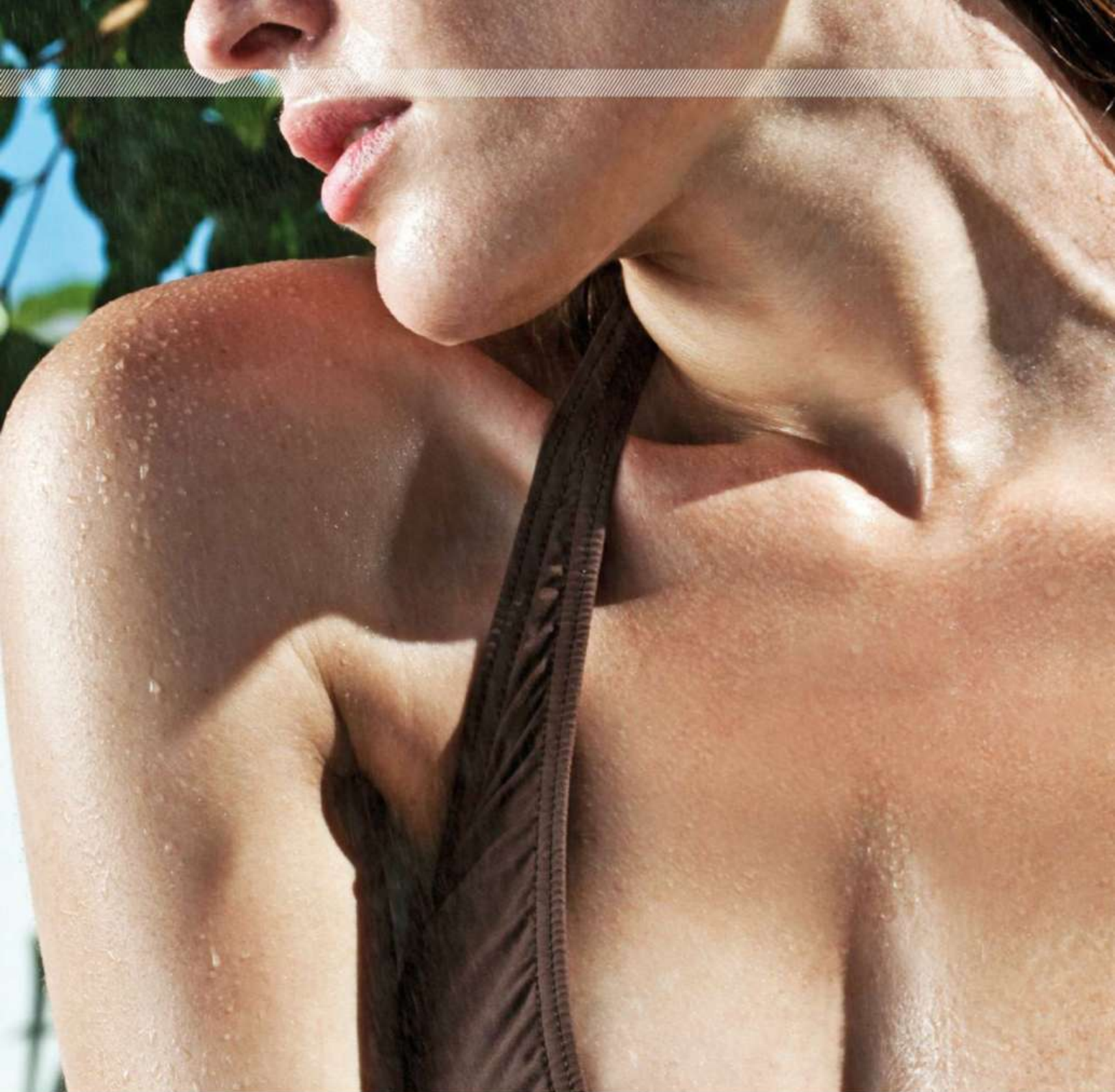
08

SWEAT WITH HER, THEN HOP IN THE SHOWER TOGETHER. IT'S HEALTHY!

For 20 years, Thomas Bradbury and Benjamin Karney of UCLA's Marriage Lab followed more than 1,000 couples to evaluate the different ways



PHOTOS: EMELY/CORBIS & HANNES NEPP/CORBIS



partners support each other in their efforts to make important changes in their lives. Prof Bradbury says he was amazed that the most common topic – coming up in about seven out of 10 couples – was that they wanted to change to a

healthier lifestyle. Their book, *Love Me Slender*, shows couples how to work together to maintain healthy weights. A new, large-scale British study seconds that: “Men and women are more likely to make a positive health behaviour

change if their partner does, too,” the authors note.

09

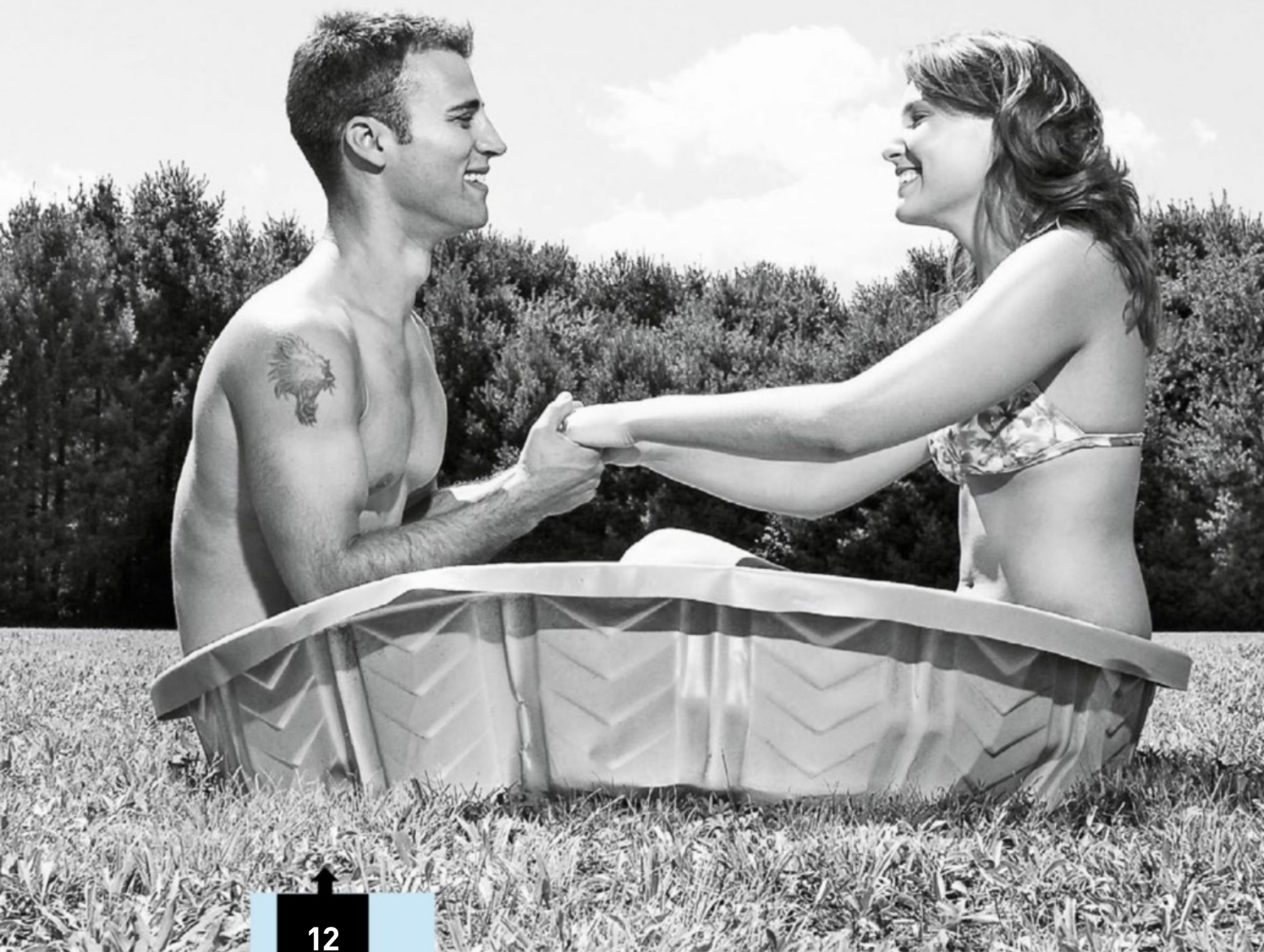
**LOOK PAST
HER FLAWS
(DON'T TRY TO
ELIMINATE THEM)**

“Look above the things you find annoying or unpleasant,” says American psychologist Douglas Labier. “Respond to the best qualities in her – which will always make her best side stronger.”

10

**TELL THE KIDS TO SHUT UP WHILE
YOU TWO “CONNECT”**

“A measly 15 minutes,” says William Doherty, a professor of family social science at the University of Minnesota in the US. These kinds of “connection rituals” hot-wire your whole life together. So do it.



11

AS MUM AND DAD GO, SO GO THEIR KIDS. THE SOONER THE LITTLE MONSTERS UNDERSTAND THAT THEY'RE PART OF YOUR LIFE, NOT VICE VERSA, THE BETTER.

12

ALWAYS LOOK FOR WAYS TO TURN "ME" INTO "WE"

Listen up as US psychologist Gary Lewandowski Jr sets you (and her) straight with this not-so-obvious fact: "Research shows that people who see themselves as overlapping with their partner have better relationships. You begin to lose

track of where one partner begins and the other ends." Coach was right: It's all about the team.

13

RESPOND TO GOOD NEWS AND BAD

Your lady gets cool new responsibilities at work. How do you respond? Passively

("That's nice. What's for dinner?"), destructively ("Less time for me, right?") or – jackpot! – actively and constructively ("Wow, let's party!"). According to American psychologist Shelly Gable, positive responses reassure your wife or girlfriend that you'll also support her when the news is bad.

14

GO OUT TO THE MOVIES. THEN TALK AFTERWARDS.

Ronald Rogge, a professor at the University of Rochester in the US, followed 174 committed couples for three years. Some of them received traditional marriage counselling, others received no special attention, and still others were instructed to watch relationship-focused movies each week and talk afterwards. Watching flicks and getting counselling both cut the break-up rate by half.

PHOTO: TIM PANNELL/CORBIS



15

**COME
TOGETHER
ONLY
HAPPENS FOR
THE BEATLES.
RELAX.
TAKE TURNS.**

16

**AUTONOMY IN A
RELATIONSHIP IS
GOOD**

Neither of you should feel guilty or coerced into choices about the way you live. Researchers at the University of Houston found that couples who feel self-determined instead of trapped are less defensive

and more understanding during fights.

17

**EXPAND YOUR
LOVER'S IDEA OF
YOU TWO...**

In Ubud. Or Kinabalu National Park. Or Dubai. Travel is a mate re-definer, which may be why you enjoy exuberant sex in exotic places.

7 REASONS TO FIX YOUR MARRIAGE – TODAY!

Think stocks are volatile? How about your relationship? Here's how those bumps may make you a less healthy man.

COMPILED BY LAUREN DEL TURCO

PEOPLE IN SHAKY MARRIAGES HAVE...



An increased risk of heart attack

8.5%

Higher artery calcification

20%

A slower rate of wound healing

40%

Worse self-reported health in old age

13%

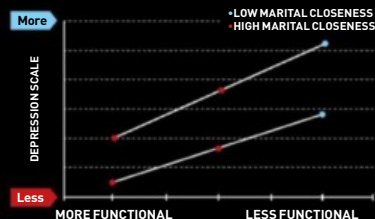
3.7X →

**MORE LIKELY
TO DEVELOP
A PROBLEM
WITH ALCOHOL**

DECLINE IN IMMUNE FUNCTION



INCREASE IN DEPRESSION

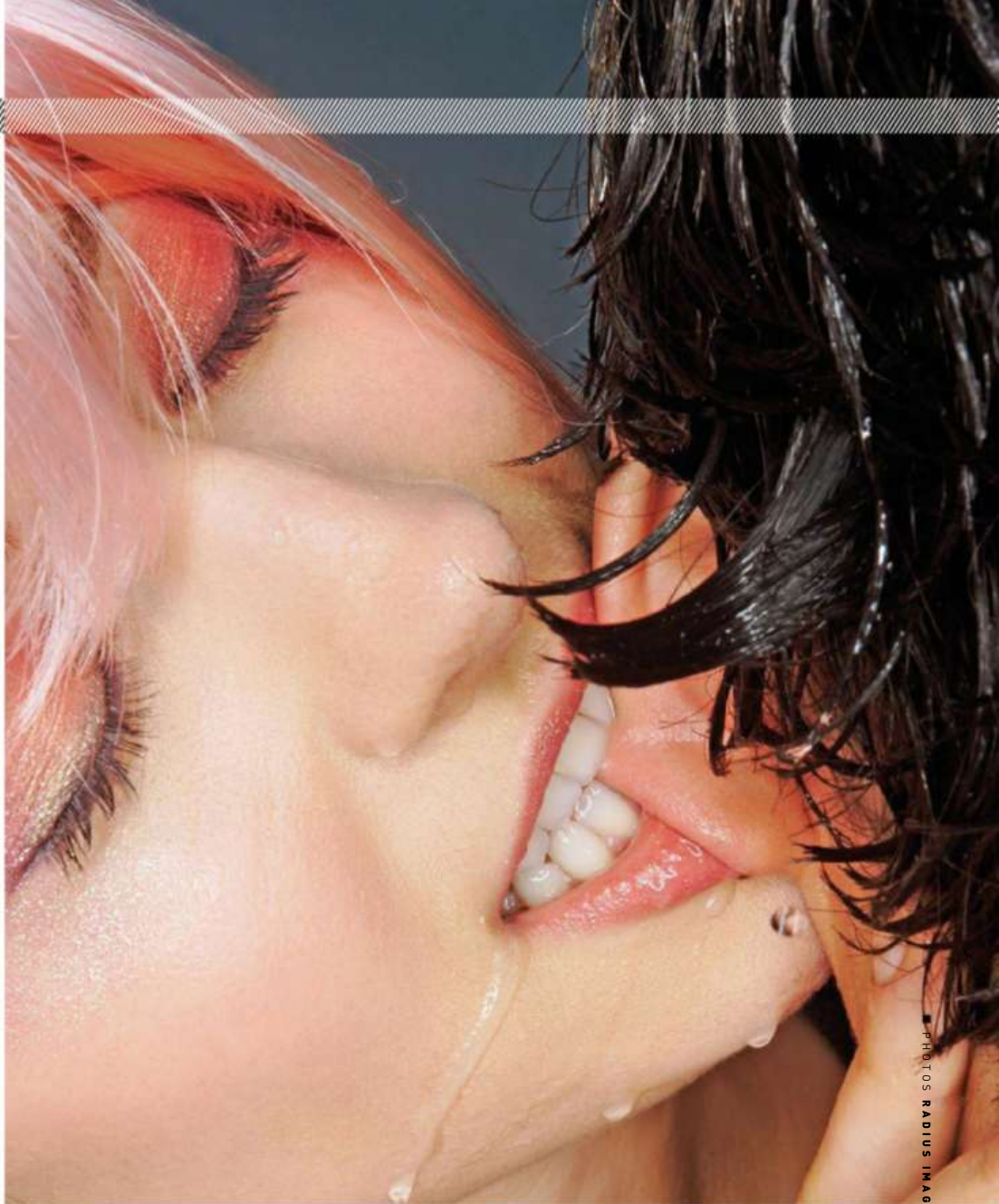




18

BANISH BORING, PART 1: DO SOMETHING CRAZY AS A COUPLE

Jet-skiing? Hang-gliding? Psychologist Arthur Aron and his American colleagues have found that couples who engage in a novel activity together report much more marital satisfaction than those who have merely “pleasant” date nights (that is, the same old routine). Okay, it doesn’t have to be skydiving, says Prof Aron. “It can be an art class.”



PHOTOS: RADIUS IMAGES/CORBIS; DAVID P. HALL/CORBIS & LARRY DALE GORDON/CORBIS

19

BANISH BORING, PART 2: DO CRAZY THINGS WITH ANOTHER COUPLE

If you go on a double date and do something new that creates closeness among the four of you, says Prof Aron, you’ve just quadrupled the excitement level in the room. That thrill is associated with your partner. “And that initial sense of exhilaration that comes from falling in love is reinvigorated,” he says. Prof Aron’s theory: You’re happiest when your mate expands your sense of who you are. So perhaps some time travel is in order. Remember when you two were young and the possibilities seemed limitless? Re-engage with friends from that time, preferably ones who’ve been sweating together (see #8). Then push new boundaries as a group.





21

ASK: HOW MUCH DO I HATE HER?

Be brutally honest.

Oh, you love her?

Next question: Why

am I so mean to

her sometimes?

David Schnarch

coined the term

"normal marital

sadism" to

describe the many

ways we annoy our

spouses on

purpose. "Stop the

purposeful hurts,"

says Dr Schnarch,

"and she'll like you,

want to have sex

with you, and wish

you well." Leave

the snark and

sadism behind, and

you're onto

something like the

title of Dr

Schnarch's

landmark book:

Passionate

Marriage.

22

BUY A LAMP TOGETHER (IT'S WORTH IT)

Beloved, jointly acquired items are called "couple markers." They're a barometer of your bond. They help replace "yours" and "mine" with "ours."

23

YOUR SACRIFICES ARE YOUR GIFT, NOT HER DEBT

It's called having a "communal relationship" with your loved one. In such a marriage, sacrifices (yours and hers) are the gifts that keep on giving. Do something nice. Don't keep score. Both of you benefit.

24

YOU KNOW HER – PUSH THE BUTTONS THAT PLEASE HER

In her terrific little book called *Marriage Rules*, Harriet Lerner mentions urging a client to come up with three things to do that he knew his wife would appreciate. You can do the same. Get started, smart guy.

25

PRACTICAL STUFF CAN WAIT. ATTEND TO HER NOW.

Don't let the urgent (Bills! The office! The children! Football!!) get in the way of the important (#1 to #24). Remember: Your financial, emotional and physical health depends on a close collaboration with your woman. Make it a priority, or else. Now, care to revise your to-do list?

20

KEEP YOUR VOICE DOWN WHEN YOU FIGHT. IT MIGHT SHOCK BOTH OF YOU INTO BEING MORE REASONABLE.





GO ANYWHERE, DO ANYTHING

CONQUER THE GREAT OUTDOORS WITH THE MERRELL ALL OUT BLAZE SIEVE – AN AMPHIBIOUS MULTI-SPORT SHOE WITH TRAIL TRACTION IN AND OUT OF WATER.

Merrell's adventure footwear range has upped the ante with its latest selection of amphibious footwear featuring a shoe to trump them all. Dubbed the All Out Blaze Sieve, this hiking shoe is right at home on trails as it is on wet ground – perfect for adventure enthusiasts who need one that can weather nature's elements and more.

■ BEST OF BOTH WORLDS

A versatile shoe that combines the comfort of a trail sandal with the snug, protective fit of a hiking boot, the All Out Blaze Sieve is a hybrid shoe. From the back, it resembles a sandal, with cut-outs for ventilation and quick-drying when

wet. From the front, it's sturdy like your favourite pair of hiking boots, complete with covered toe caps to protect against loose rocks or roots.

■ HIGH-PERFORMANCE FEATURES

The All Out Blaze Sieve has been designed with a quick-drying Neoprene lining beneath a water-proof leather upper, with an adjustable bungee cord lock-lacing system for easy transition in and out of water. What's more, it also comes with a comfortable and durable lining, and M Select FRESH antimicrobial agents to keep odours at bay.

For maximum grip on slippery surfaces or gritty trails, the footwear has a heavy-duty



CLAY (MEN), \$159



Vibram outsole that features a unique water-channelling design. This helps the wearer stay upright and keep his grip on wet surfaces. Additionally, a Unifly midsole ensures cushioned support and shock absorption from demanding terrains.

■ WALKING ON THE WILD SIDE

Available in two colourways for both men and women, the All Out Blaze Sleeve is the perfect companion for active people seeking a go-anywhere, do-anything footwear.

In the men's collection, the Clay model features a grey leather upper with orange accents that show off more personality than the utilitarian Wild Dove. The latter's brown leather with black rubber contrasts and bright yellow logo might be more hardcore, but it's no less elegant.

For women, Merrell has kitted out the Blue Wing with an aqua Neoprene lining for a playful touch and greater visibility on trails. The alternative would be the stylish, off-road-ready Brown Sugar with a burgundy Neoprene lining and bungee cord laces contrasting with its brown leather upper.

The Merrell All Out Blaze Sieve collection is priced at \$159 and available from Stadium at Takashimaya S.C. and all Royal Sporting House stores (except those at Lucky Plaza and Lot 1), as well as factory outlets.



BLUE WING
(WOMEN), \$159



WILD DOVE
(MEN), \$159



BROWN SUGAR
(WOMEN), \$159

ALL OUT BLAZE SIEVE

STANDOUT FEATURES
TO LOVE.



A NEOPRENE STRETCH COLLAR

This not only makes slipping on the shoe a breeze, it's also extremely comfortable. The quick-drying material makes it ideal for all-weather and all-terrain trekking.



UNIFLY MIDSOLE

Besides offering supreme stability when you're off the beaten track, the unique structure also gives your foot plenty of "ground" feel, so that you'll know exactly what you're walking on.



AMPHIBIOUS TRACTION

The extremely durable Vibram outsole features a special water-channelling design that lets you get maximum grip on both wet and dry surfaces.

PROMOTION

Present this page at Stadium @ Takashimaya S.C. and participating Royal Sporting House stores and receive a 20 per cent discount when you purchase Merrell All Out Blaze Sieve shoes. This is valid till Nov 30, 2015.

A stylized illustration of a man and a woman standing and facing each other. They are composed of various shades of blue and green puzzle pieces. The man on the left is wearing a suit and tie, and the woman on the right is wearing a dress and high heels. The puzzle pieces are arranged to form their bodies, with some pieces missing or slightly offset, giving them a fragmented appearance.

MY BEST FRIEND'S GIRL

BRO CODE 101: DON'T DATE YOUR BEST FRIEND'S EX. BUT MELISSA YIP ASKS: ARE RULES MADE TO BE BROKEN?

Ah, the mysterious bro code. After over a decade of dating and having plenty of male friends, I still find this a foreign beast to fully comprehend. It's not that I don't understand the mechanics – intellectually, I do. But trust me when I say that from a girl's perspective, the bro code seems more arbitrary than necessarily set in stone.

When a mutual interest developed between a close friend of my ex and myself, friends warned me that this apparent social aberration was breaking rule #1 of the boys' rule book and would banish me to pariah-dom. And when we broke the news to my ex, he wasn't a



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happy camper.

Not surprisingly, things didn't work out. But it got me thinking: When it comes to situations like this, is dating your best friend's ex really that big of a no-no between men?

After a quick poll of my female friends, the consensus was that if the break-up wasn't ugly, there shouldn't be an issue. That being said, of course things are going to be weird and pretty uncomfortable in the early stages, especially if there are mutual friends involved. However, this awkwardness only stays if either of you can't move past it.

So if you're going to venture into this dangerous terrain, knife in hand, here's some advice from a chick who's been there and done that.

DON'T "JUST TRY AND SEE HOW"

Let's face it: The ball is likely to be in your court on whether you can balance this fledgling romance with your

relationship with your friend.

The usual rules of casual dating don't quite work in this case. So unless you're fairly certain of your feelings for her, it will save everyone a lot of heartache if you take a step back. Why rock the boat for something you're not sure about?

HONESTY REALLY IS THE BEST POLICY

So men and talking about their feelings go together like oil and water, but unfortunately if you're going to pursue this interest, it will make things a lot easier if you bite the bullet and be honest – both with your best friend and with her.

For the former, it goes without saying that the sooner you break the news to him, the better. And as for dealing with her feelings, because she's not going to know the ins and outs of the nature of your friendship, you're going to have to be as open as possible so everyone's on the same page. It will save you a lot of foot-in-mouth moments in the future.

"IF SHE'S STILL CIVIL WITH HER EX, THERE WILL BE A CERTAIN AMOUNT OF GUILT. AFTER ALL THE AWKWARD SITUATIONS, IS IT STILL WORTH IT?"

SLOW AND STEADY WINS THE RACE

While it's hard on you, it's not exactly peachy on her either. Assuming she's still civil with her ex, there will be a certain amount of guilt involved. So, as much as you would like to rush ahead and seal the deal, it's best to take it slow and continue to get to know her better first. After all, it will take time for her to fully transition from "best friend's girl" to "romantic interest," so this is your time to embark on some good

old-fashioned wooing.

So after all that awkward turtle situations, is it all worth it? Well, my guess is that most men wouldn't risk their best-friend status for a girl that they didn't feel a strong attraction to. And as cliched as it sounds, if you truly find that this is something that could go the distance, is slavishly sticking by the rule book really the best option? You could have plenty to gain, if you're brave enough to confront your feelings.

■ (COUPLE IN BOX STORY) MACROVECTOR/123RF

10 THINGS NEVER TO SAY ON YOUR FIRST DATE

"REALLY? I NEVER WOULD HAVE GUESSED THAT YOU WERE A RUNNER."

"SO WHO'S THE HOT GIRL IN ALL YOUR TINDER PICS?"

"YOU CLEANED YOUR PLATE. I'M IMPRESSED."

"HEY, YOUR NAME IS THE SAME AS MY FAVOURITE ANIME CHARACTER!"

"SO STEPH TOLD ME THAT YOU'RE ON BIRTH CONTROL. ARE YOU STILL?"

"ARE YOU DRINKING ENOUGH WATER? IT'S GREAT FOR YOUR SKIN."

"GO AHEAD – GUESS HOW MUCH MONEY I MAKE."

"YOGA INSTRUCTOR? SCORE ON THE FLEXIBILITY!"

"MY MUM WEARS THAT FRAGRANCE."

"I THINK IT'S REALLY COOL THAT YOU'RE SO RELAXED ABOUT YOUR LOOKS."



WHAT YOUR CAR SAYS TO THE OPPOSITE SEX

THE TRUTH IS YOUR RIDE EXPRESSES MORE ABOUT YOU TO THE LADIES THAN YOU MIGHT IMAGINE.

Are you having issues catching the attention of a certain someone? The trouble is, you might be driving her away before you even open your car door.

Automakers like Volkswagen know your automobile is more than just transport; it's an extension of your image.

"Forget clothes. Cars really do make the man. Your car, like your clothes, is a reflection of you," advises Sue McGarvie, a Canada-based clinical sex and relationship therapist, in a report in *The Globe and Mail* newspaper.

Find out why the Volkswagen Golf is the perfect ride for a guy looking to make the best first impression.

■ STILL SPEEDY

Some men think a way into a woman's heart is via a fancy sports car. They'll be horrified to know that a new study released by the Harris Poll in conjunction with Anastasiadate revealed a majority of women associate fancy cars with negative character traits. So much for that!

The report from Hotrod also reveals that 56 per cent of women viewed men who drove fast cars as "show-offs" or "arrogant," and 17 per cent viewed them as "insecure."

But it doesn't mean you have to eschew speed in your ride – the Golf's 1.4-litre TSI petrol engine has the ability to keep efficient pace wherever you go. With turbochargers working in tandem with a silky-smooth DSG, it doesn't matter if she keeps you waiting – you'll still be able to get to the restaurant in time for your reservation.

Of top of that, the Golf isn't exactly a slouch in the looks department either. It has benefited from a creative rigour that cleverly makes use of sculpted lines and natural aerodynamic curves to exude robust sportiness in a suave, confident form. Who needs a sports car?

■ ALL-PURPOSE RIDE

A man pulling up to a ritzy restaurant in a Volkswagen Golf sends a signal that he's a determined, highly successful professional.

But at the same time, he's in a car that wouldn't look out of place anywhere, whether shopping in Orchard Road or Haji Lane, or making deals in a meeting room in Robinson



Road or in a bar in Clarke Quay. This is a car with the requisite style and brain to help you stand out from the crowd. You really don't need to look any further.

Whether at work or play, you thrive on different activities. The Golf lets drivers enjoy balance with a suspension system that has been tuned for stability and comfort, while still being engaging and fun to drive, especially around winding hilly roads.

And if both you and her are fitness buffs, you'll practically be living your active lifestyles out of this VW, courtesy of its spacious boot, which allows you to get your gear and equipment whenever and wherever you need them.

■ SOPHISTICATED YET RELAXED

If you're dating a woman who appreciates the finer things in life, she's going to need to make sure you do too. "Most women would much rather have somebody who doesn't have to try so hard – at least if you're an adult," adds Sue.

Volkswagen engineers have made use of

ergonomics for a more spacious and comfortable seating, and an angled centre console for more intuitive access to the car's touchscreen information system.

And, best of all, it's designed to be fuss-free, which means you can concentrate on the lady – she's hardly going to be impressed if you're OCD about your ride.

"I've been in a car with somebody like that," warns Sue. "He made me throw my feet outside the car and kick my shoes together six or seven times. When I put them inside, I could see him wince. You've got mud mats; get over yourself. It's a car!"

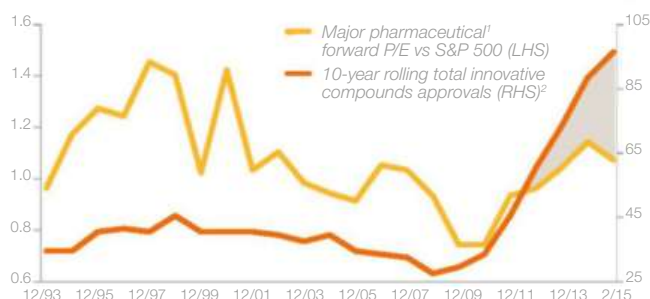
You'll be taking the lady's advice with the Golf. Its passenger compartment goes a long way towards the back – with proportions that you otherwise get only in higher-class segments of the market – which makes it easier to get in whenever you're doing some car maintenance.

Just remember, while clothing maketh the man, your ride will get the girl.

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1 The healthcare revolution is unfolding

Current valuations do not reflect higher rate of new drugs approval



Widening gap implies potential opportunities in the pharmaceutical sector³

Huge industry growth prospect with exciting innovations

CANCER

Immuno-oncology therapies are producing clinical evidence of effectiveness and are potential blockbusters once they get wider approval.

CYSTIC FIBROSIS

First-in-class drugs should substantially increase both life expectancy and quality of life for cystic fibrosis patients.

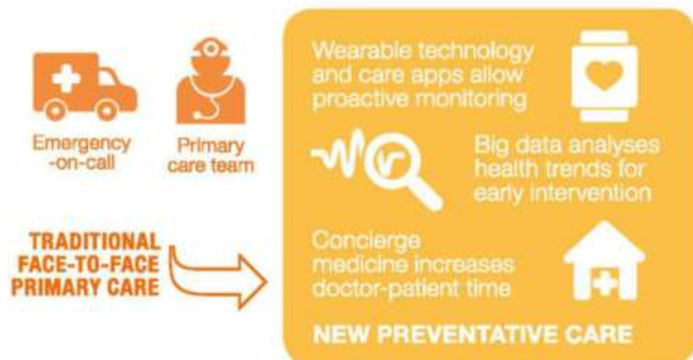
GENE THERAPY

Gene therapy is gaining scientific momentum and could mitigate dozens of conditions ranging from congenital blindness, blood disorders to lethal brain diseases.



2 The industry is rethinking its business model

Healthcare delivery transitions from cost-intensive primary care to preventative care



The Affordable Care Act in the US shifts focus to keeping patients healthy

- Pay-for-performance tied to care metrics and cost reduction
- Healthcare providers scale by horizontal integration into long-term care or vertical integration into health insurance
- Larger healthcare systems can harvest big data for population health management



3 Healthcare spend is rising globally due to demographics and economic growth

Increased population

World population expected to rise over 30% by 2050⁴

Per capita healthcare spending increases sharply

Historically, it shows that cost of healthcare increases by close to 100% from ages 18 - 44 to 45 - 64 in the United States⁵

Rising demand from emerging markets

Healthcare spending in emerging markets will grow by 11.4% - 14.4% compounded annual growth rate (CAGR) for the next 5 years⁶

Notes: ¹Defined as mid-/large-cap companies that develop, produce and market drugs or pharmaceuticals for use as medications. ²The term "innovative compounds approvals" refers to the first US commercial approval for a particular disease state of a drug with a mechanism of action that has not previously been brought to bear on that disease state. ³Sources: Credit Suisse (through 2013) and Wellington Management (2013 – present) | ⁴Source: United Nations, World Populations Prospects 2012 | ⁵Source: Health, United States CNC, 31 December 2013 | ⁶Source: IMS Health Market Prognosis, June 2013

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WATCH YOUR MOUTH

IS TOOTHPASTE MARKETING ANYTHING BUT A LOAD OF HOGWASH? WE HELP YOU BRUSH UP ON THE SCIENCE.

We'd wager your last tube of toothpaste was selected for its price and packaging rather than contents. Words such as "Ultra-white enamel protect!" gleam on the box, but what ingredients are used to deliver on these promises? With so many brands competing for your cash – some using chemicals with unproven benefits – *Men's Health* looks beyond the spiel to find out if you're still being rinsed.

1

BE SENSITIVE

Unless you have sensitive teeth, the only ingredient you need is fluoride. According to the British Dental Health Foundation, your toothpaste should pack 1,350 to 1,500 parts enamel per million to shield enamel against plaque and acid. If sensitivity is the issue, the desensitizing agent strontium chloride will help, blocking pain like a mini-Manny Pacquiao. You want to smile, not grimace.

2

THE WHITE CHOICE

Whitening brands talk a good game. In reality, the *British Dental Journal* reports most pastes fall short on chemical stain removal. At most they can lift surface stains, but they can't change the base colour – you need heavy artillery and a dentist for that. Head to the kitchen instead. Rinsing your mouth with bicarbonate of soda post-cafetiére helps to temper discolouration.

3

FIND FRESH EVIDENCE

If your breath has made colleagues wince, you might have tried out an anti-odour paste containing antibacterial triclosan. But the jury's still out on it. In one study, it led to a 22 percent reduction in gingivitis, but evidence for it being beneficial in gum disease is unclear, says Prof Ian Needleman. The smell can often be traced to bacteria on your tongue. So give it a scrub.

4

CLEAN BILL OF HEALTH

Toothpaste foams because of the sodium lauryl sulphate (SLS) in most varieties. This works like soapsuds to wash off mealtime debris. But it has also been linked to mouth ulcers for those who suffer from sensitive gums. If this sounds familiar, opt for SLS-free versions to keep your kisser in peak condition for more palatable activities.

5

LOST IN THE WASH

That gritty quality in pastes is courtesy of hydrated silica, an abrasive used to combat tartar. Beware brands that promise to eliminate "tough stains," as they often contain sander-strength grit that can harm enamel. Our final word: Spit, don't rinse. If you wash off the fluoride, many of its benefits are lost. The drop in your dental bills will give you something to smile about.

ULTIMATE SKIN SOLUTIONS

LOOKING FOR THE PERFECT SKINCARE RANGE TO DEAL WITH OILINESS, DULLNESS OR UV DAMAGE? ZA MEN HAS GOT YOU COVERED.

With so many skincare products out there, it can be hard to figure out what works for your complexion. Fortunately, the latest range from Za Men makes it easy to take care of your skin. Each item in the collection contains unique Energy Capsules (with active ingredients and vitamins) and taurine to tackle four of men's biggest concerns: tired-looking skin, oily skin, dull skin or dry skin.



■ YOUR SKIN PROBLEM:
TIRED-LOOKING SKIN

SOLUTION:
ULTIMATE RECHARGE

If you're tired and overworked, the health of your skin can be affected. If you're after a complexion that looks less

fatigued and more firm

and "alive," check out the Ultimate Recharge Energizing Scrub and Energizing Moisturizer. Containing mineral-rich mud, these products absorb oil and help restore your skin's energy. The scrub, in particular, makes you look more awake, energised and ready to face the day.

■ YOUR SKIN PROBLEM:
OILINESS

SOLUTION:
ULTIMATE MATTE

Concerned about oil, shine and visible pores during the day? The Ultimate Matte Purifying Cleanser and Oil Control Moisturizer is formulated with a super-purifying charcoal compound derived from activated charcoal to help control oil for a smooth, matte appearance. Further boost your appearance with the Purifying Scrub with peppermint extract to

remove excess sebum, exfoliate dead skin cells and unclog pores. The result? A shine-free, refreshed complexion.



■ YOUR SKIN PROBLEM:
DARK SPOTS AND UV DAMAGE

SOLUTION:
ULTIMATE WHITE

If you work or play outdoors, you might have an uneven skin tone with dark spots or patches from sun damage that may show up as fine lines and dullness. For brighter, more radiant skin, use the Ultimate White Brightening Cleanser and Moisturizer (with SPF 40 PA++) daily. Each is formulated with a granular vitamin C known as a super radiance activator. This makes dark-toned skin more radiant, targeting dark spots and freckles, and providing protection from UV damage.



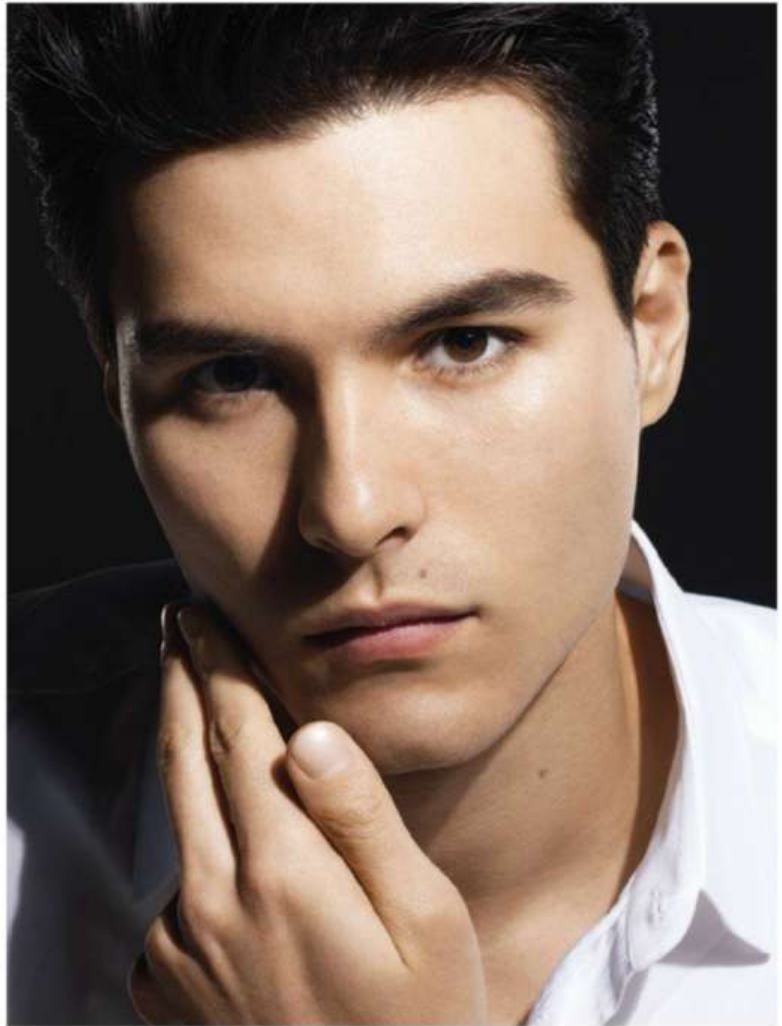
■ YOUR SKIN PROBLEM:
DRYNESS AND ROUGHNESS

SOLUTION:
ULTIMATE MOIST

Constantly being in an air-conditioned environment can dry out your complexion, leaving it feeling rough. To get smooth, moisturised skin all day, use the Ultimate Moist series. The Smoothing Cleanser and Hydrating Moisturizer contain a powerful water magnet called hyaluronic acid, which leaves skin feeling fresh and hydrated.



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PSYCH OUT SWEAT

TIRED OF STRESS TURNING
YOU INTO A BRINY MESS? YOU
NEED TO START USING THE
ULTIMATE ANTIPERSPIRANT:
YOUR MIND.

E

Eight healthy men in shorts and T-shirts. Average age, 26. They're covered in sensors, wires dangling, like marionettes at rest. As they sit together in silence – blindfolded – they wait for their 10 minutes of psychological torture to begin.

These guys are part of an experiment in perspiration. Most human sweat is the “thermal” kind – that dampness you feel during a workout or on a hot day. But psychological sweating is the beading on your forehead when your boss singles you out in a meeting, or the clammy hands you wipe on your jeans before a first date. That's why these human lab rats are here.

TEXT JASON FEIFER ■ PHOTOS SIMON MURRELL/CORBIS & MICHELLE YEE/CORBIS





So what kind of torture would evoke nervous sweating in the laboratory? Being asked to deliver a speech in front of a crowd? Having to strip naked before a panel of hot female scientists? Nope.

"Subtraction, addition, multiplication, division," says study author Nigel Taylor of the University of Wollongong in Australia, who has investigated human sweating for more than 20 years. The men had to do maths – just basic problems, says Prof Taylor. "They were certainly within everybody's capacity." Faced with problems like "1,654 + 73," every man started dripping with sweat.

We have a complicated relationship with perspiration. At the gym or on the court, it's welcome in abundance – not just for its physiological cooling function, but for what it says about our exertion levels and competitiveness.

A soaked shirt is a badge of effort expended, evidence that you've pushed yourself. A single hour of hard exercise can yield 1½ litres of tangible proof that you gave it your all. That's roughly enough sweat

to fill 1½ large Coke bottles.

But psychological sweating – nervous perspiration – is something else entirely. It's a physical response we try to avoid or, failing that, hide. In a *Men's Health* survey of nearly 800 guys, 73 percent said they wish they'd sweat less.

Our romantic interests wish we would, too: Of 970 women surveyed, 84 percent deemed it gross when a man dews up on a date. "Involuntary sweating is like your body betraying you," says Carisa Perry-Parrish, a psychologist at the Johns Hopkins Center for Sweat Disorders in the US. We want to appear confident, but our bodies scream: "I'm freaking out!" Then we go from sweating because

we're stressed to stressing because we're sweating, says Dr Perry-Parrish. Next thing you know, you're in the men's room aiming the hand dryer at your pits.

The first step towards sweating less lies in understanding the source. You have two types of sweat glands: apocrine and eccrine. The apocrines are located mostly around your armpits and genitals, and produce a thicker, stickier sweat consisting of proteins and lipids. The eccrines cover your entire body and produce a solution that's mostly water and salt. Scientists used to think the eccrine glands were activated only by a need to cool, and the apocrines by mental stress.

But in a series of precisely controlled experiments, Prof Taylor and his colleagues recently confirmed that both types of sweat can be produced by the eccrine glands and controlled by a single neurotransmitter called acetylcholine. That means whether you're running 5km or trying to seal a deal for \$5 million, both sets of glands are working. Though clammy hands are the most obvious sign, psychological sweat can be a whole-body experience.

This finding lends support to one evolutionary explanation for why stress makes people perspire: If our skin became slippery in a fight-or-flight situation, predators wouldn't have been able to grab and hold on to us.

Another theory, notes

Daniel Lieberman, an evolutionary biologist at Harvard University, is that sweat could help aid a quick escape from danger.

Most mammals, including those from which we evolved, have sweat glands on their paws. "Imagine that you are a small, furry animal in Africa and you catch sight of a raptor swooping in to kill you," says Prof Lieberman. "Moistened paws will help you scamper up a tree or cliff by creating tiny little vacuums."

It works the same way that a licked finger helps you turn a page in a book.

Nervous sweating may also have helped us save our clan. In a US military study, researchers collected sweat from people during two tasks: running on a treadmill and skydiving for the first time. A separate group of volunteers were then hooked up to brain scanners and asked to smell the collected sweat.

Nothing interesting happened when they sniffed the treadmill drippings. But the scent of skydiving sweat triggered the parts of their brains associated with alertness – they could literally smell fear. In other words, perspiration could have warned others that there was a whiff of trouble in the air.

In fact, your body odour can act as a health indicator to you and others close to you, says Pamela Dalton, a researcher at the Monell Chemical Senses Center in Philadelphia. Sweat itself is actually scentless, but as it interacts with the

**THE FIRST STEP TOWARDS SWEATING
LESS LIES IN UNDERSTANDING THE SOURCE.
YOU HAVE TWO TYPES OF SWEAT GLANDS:
APOCRINE AND ECCRINE.**

MOST MEN BACK THEN CONSIDERED THEIR SWEAT (AND A LITTLE STINK) TO BE A SIGN OF MASCULINITY.



bacteria living on your skin, the combination gives off a musty smell – your BO.

But your scent can change when you're fighting off an illness: A study published in the journal *Psychological Science* found that people can detect a difference in body odour when someone becomes sick.

The researchers think an ill person emits a different chemical cue that signals the activation of the immune system. This specific scent may warn others to keep their distance.

Advertisers started marketing antiperspirants to women in the late 1800s, but they initially didn't bother pitching pit protection to guys. Most men back then considered their sweat (and a little stink) to be a sign of masculinity.

But when men started moving from manual labour

towards desk jobs in the 1930s, marketers saw an opportunity. "If you're a farmer working outdoors, no one really cares if you're sweaty and dirty," says Cari Casteel, an American history researcher who studies the improbable topic of antiperspirant and deodorant marketing. "But if you're at a desk all day, presumably you're susceptible to the idea that people care."

The first antiperspirant ads for men set the tone for the sweaty conflict we still feel today. One from October 1938 is typical: It was for a jar of goop called Odorono Ice ("Odour, oh, no!"). It shows the same man in two different scenarios: In the first, he looks sporty with a racquet in his hand; in the second, he's in an office holding a sheet of paper. "All right in a locker room," says the ad, "but all wrong here." Cari says ads have

hammered this point for decades, implanting a single impression in men's minds: There are just some situations when you should never sweat.

Still, controlling your dew is a far more complex endeavour than buying the most expensive antiperspirant at your local pharmacy – even that won't save you from a full-body nervous sweat.

So what can you do? For most people, the best way to treat nervous sweating is to deal with the nervousness itself, says Dr Perry-Parrish. She first asks patients to think through the last time they were made uncomfortable by their excessive sweat: What were you doing, and what were you thinking when the waterworks began? And here's the key question, the good doctor asks: "Were you doing something really embarrassing, or were you magnifying it in your mind?"

More often than not, she says, we imagine the worst-case scenario – even if everything is going perfectly fine. When that happens, your mind tells your body to start the sweating.

Her advice the next time this happens: Take stock of the situation. What's the reaction of others around you? If no one else seems unhappy or uncomfortable, it's likely that you're unnecessarily stressing – and sweating – over something small.

It's a brain exercise, but it's one you can improve at with practise. It probably could have helped those men in the sweat experiment. Instead of worrying about flubbing a few simple arithmetic problems, they should have taken a step back, realised that the stakes were low, and noticed that their compatriots were equally thrown by the introduction of arithmetic.

A cool head plus a little perspective: That's what defeats nervous sweating. It's basic math.

DON'T SWEAT IT

Excess perspiration is the pits. If you're too soggy, discuss these options with your family doctor.

PRESCRIPTION ROLL-ON

With three times the sweat-stopping metallic salt as over-the-counter antiperspirants, Rx-strength options, such as Drysol, may dry you up, says Dr Mark Ferguson, a hyperhidrosis specialist at the University of Chicago Medicine.

SHOCK THERAPY

You place your hands or feet in a pan of water while a device passes a mild electric current through it for about 20 minutes. Scientists aren't exactly sure why it works, but three zaps a week can help you sweat less.

BOTOX SHOTS

The neurotoxin injections that smooth wrinkles can also block the nerve signals that stimulate sweat. But you may need booster shots: In a French study, first-time users saw sweat return to baseline after 4½ months.

ANTI-SWEAT PILLS

Anecdotal evidence suggests that anticholinergics, drugs that block your body's sweat trigger, can work. The problem? Side effects, says Dr Ferguson. They include dry mouth, constipation and blurred vision.



ON THE HEELS OF RECOVERY

THE KEY THINGS TO KNOW ABOUT ACHILLES TENDONITIS, AND HOW TO PREVENT AND TREAT IT.

You've signed up for running competitions. So, in preparation, you're ramping up the frequency and intensity of your training runs to attempt your latest personal best. The gruelling training isn't easy, but the goal is just within reach. The last thing you'd want is to get your plans derailed by painful, yet common, injuries like Achilles tendonitis.

■ WHAT IS ACHILLES TENDONITIS?

Our Achilles tendon, the thickest and strongest tendon in our bodies, connects muscles in our calves to the back of our heel. Achilles tendonitis occurs when it becomes inflamed, causing a dull stiffness or aching pain in the heel.

■ WHAT CAUSES THE INJURY?

A great deal of sustained impact is exerted on our Achilles tendon whenever we "toe-

off" as we run. Increased training intensity and programmes like speed training and uphill running – not to mention forefoot-strike running styles – can increase stress on it. In an extreme case, it may rupture.

■ PREVENTION IS BETTER THAN CURE

Naturally, the best way to avoid running injuries is to wear shoes that have adequate support, especially those designed for motion control. It also helps to do calf and shin stretches before you run, to reduce stress on your Achilles tendon.

It's also imperative to gradually progress through your training schedule and have adequate periods of rest so that your body can recovery fully.

■ POSSIBLE TREATMENTS

However, should the injury occur, take immediate action and stop running at once. Rest, ice on the affected area and

compression should help ease the pain and swelling.

At Mount Elizabeth Hospitals, doctors will be able to recommend the most suitable treatment to help you get up and running again. Your doctor may first propose a magnetic resonance imaging (MRI) scan or a tendon arthroscopy, a minimally invasive procedure using a tube-shaped device with a camera at the tip, to take a closer look at the problem.

If surgery is required, don't fret. Thanks to advanced techniques available today, instead of open surgery – which requires a longer recovery period – your doctor may suggest less invasive procedures such as arthroscopic surgery, which requires only several small incisions. The result? Reduced scarring and a quicker recovery.

KEEP MOVING
IT'S POSSIBLE

Visit www.keepmoving.com.sg to read about useful sports injury prevention tips and treatments from our specialists. Call 6250-0000 to make an appointment.

SAVE YOUR LIFE IN ONE MINUTE

JUST LIKE YOUR CAR, YOUR BODY HAS ITS OWN
DIAGNOSTIC SYSTEM. FIND OUT WHAT IT'S SAYING ABOUT
YOUR CRITICAL COMPONENTS TO AVOID A BREAKDOWN.



■ TEXT LAUREN DEL TURCO ■ ILLUSTRATIONS JAMES PROVOST ■ DIGITAL IMAGING (MAIN IMAGE) JASON TAN



1 HEART GEOMETRY QUIZ

Diamonds trump heart disease. Bend each index finger in the form of an upside-down J. Then press the nails together, viewing where they meet from the side. See a tiny diamond-shaped gap? If not, you may have “clubbing,” a thickening of the fingertips possibly due to low-blood oxygen. This could signal heart disease or even lung trouble, says *Men’s Health* cardiology advisor, Dr Prediman Krishan Shah.

→ Change Your Grade

Have your heart and lungs checked to make sure they’re not in immediate peril. Clear? Try high-intensity interval

training. You’ll improve your VO2 max, which is the best way to get more oxygen-rich blood pumping through your arteries. In a Japanese study, men who did 13 minutes of HIIT five days a week for eight weeks improved their VO2 max by over 22 percent.



2 BRAIN BALANCE CHALLENGE

Act like a stork to spot stroke risk. Stand and lift one leg, keeping your knee bent and eyes open. Watch the clock: If you can’t hold the pose for 20 seconds, you may be at a higher risk of stroke. Researchers in Japan recently found that difficulty balancing on one leg may signal that the small arteries in your heart have narrowed,

which is linked to the loss of motor coordination and cognitive decline.

→ Change Your Grade

Rein in high blood pressure – it’s a major risk factor for small-vessel disease, says study author Yasuharu Tabara. Press a finger against your right nostril to close it, and then breathe in and out through the left nostril. Switch sides and repeat. Keep alternating for 15 minutes. In a study from India, people who did this averaged a 4½-point drop in systolic BP.

“CARRYING EXTRA WEIGHT MAY MESS WITH YOUR SIT-STAND EXAM SCORE.”



3 LIFE SPAN SIT-STAND EXAM

Stand with your ankles crossed and your arms in front of you. Sit on the floor. Stand up. You’ve just gauged your longevity, say scientists in Brazil. A perfect score is 10. Deduct ½ point for each time you lost your balance and 1 point for each knee or hand you used for support. In the six-year study, people who scored below 8 had death

rates up to five times higher than those of people with better scores.

→ Change Your Grade

The sit-stand exam measures your musculoskeletal fitness, a critical indicator of ageing, says study author Dr Claudio Gil Araujo. So take up tai chi. Canadian researchers found that twice-a-week sessions can improve your overall musculoskeletal fitness after 16 weeks. And keep your weight in check, says Dr Araujo. Extra flab can lead to a low score.



4 PROSTATE FINGER CHECK

There’s no “rectal” in this digital exam. Compare the length of your right index finger with that of your right ring finger. Longer pointer? Your risk of developing prostate cancer may be a third lower than if your index were shorter, according to a *British Journal of Cancer* study. The length of these digits is possibly related to your exposure to testosterone in the womb, which can influence your future cancer risk.

→ Change Your Grade

Start a food fight. German scientists found that the prostate cancer risk of men who ate the most glucosinolate, a phytochemical in broccoli and brussels sprouts, was a third lower than that of men who ate the least. And since belly fat is also linked to prostate tumours, nosh on tree nuts. A handful a week may help shrink your gut, say American researchers.

THERE ARE GREAT
WAYS TO STAY
HEALTHY AND FIT –
ALL YOU NEED IS
JUST ONE MINUTE!

THE VERDICT ON SATURATED FAT

EVIDENCE OF LINKS BETWEEN HEART DISEASE AND FAT WAS FULL OF HOLES. SO UNLOCK YOUR LUST FOR CHEESE AND EGGS. (CARBS: STILL SCARY!)

GET TO KNOW BACON AND BUTTER BETTER



Fat gives beef, eggs and cheese their luscious texture and flavour. Like all fats, the saturated kind contains nine calories per gram. But unlike unsaturated, these fats also contain tightly packed (or "saturated") carbon chains, which help them retain their structure at room temperature. That's why sat-fat-rich butter sits solid on the counter while olive oil, which is high in monounsaturated fat, does not.

IDENTIFY THE REAL TROUBLEMAKERS



Saturated fat has a long history of being linked to heart disease. "Most of the data that is used to convict saturated fat is actually associated with excess calories from high-carb diets," says Donald Layman, a professor emeritus of human nutrition at the University of Illinois in the US. "Replacing carbohydrates in your diet with saturated fat usually reduces blood pressure and cholesterol."

OMEGA-3 IS YOUR BEST FRIEND



Look for grass-fed organic beef, pasture-raised chicken and free-range eggs. Grass-fed beef contains higher levels of heart-healthy omega-3 fatty acids than the grain-fed variety, according to Texas A&M University research. And eggs from pasture-raised chickens pack more omega-3s than those from their cooped-up counterparts, according to nutritional analysis from the US.

CHAIN REACTIONS

Three types of fatty acids, and how two make you awesome.

SHORT-CHAIN

These fatty acids provide energy for digestion and may protect colon cells from inflammation, according to a 2014 *Advances in Immunology* study. Your body produces them when fibre ferments in your colon. The good news: Dairy is another rich source. So shop the coolers for milk, butter, yogurt and cheese.

MEDIUM-CHAIN

When you consume medium-chain fatty acids, your body sends them to your liver for processing. There, they produce compounds called ketones, which help tell your appetite when to quit, says human nutrition expert Prof Donald Layman. So, yes, fat can fill you up. The medium-chain fatty acid you eat most often is lauric acid – it's in butter, milk and cheese, but palm oil and coconut oil are the richest sources.

LONG-CHAIN

The most common form of saturated fat is palmitic acid. Too much in your body's tissues can signal poor heart health, which happens when your body stores excess carbs as fat. Cooking with palm oil or lard, however, won't necessarily affect tissue levels, says Dr Dariush Mozaffarian, dean of the School of Nutrition Science and Policy at Tufts University in the US.



FARMED AND NOT DANGEROUS

WILD SALMON ISN'T YOUR ONLY OPTION FOR FLAVOURFUL OMEGA-3 FLESH.

WHAT TO EAT

NZ MT COOK ALPINE KING SALMON

You've been repeatedly told to avoid farmed salmon – the less costly alternative to the wild type – because farms produce waste that increases contaminant levels in the fish. Plus, farmed salmon (whose meat is naturally grey) owes its orangey-pink hue to pigmenting supplements, whereas its free-swimming sibling naturally turns that familiar shade from eating krill and shrimp.

But from a health perspective, farmed salmon may be as good a choice as wild-caught ones, says Sasha Conlan, who founded The Barbie Girls, a local web-to-door delivery service of fresh produce that sets high standards for the farmed salmon and other fish they sell.

Both farmed and wild salmon are high in heart-healthy omega-3 fatty acids compared to shrimp, tuna and other fish. It all depends on where the salmon is from.

"Our salmon is from Mount Cook Alpine Salmon Farm in the southern alps of New Zealand, farmed in waters that run off from the glaciers, and is free of mercury and contaminants due to the pristine and remote location," she explains. "The farm has recently been recognised by globally-renowned consumer watchdog Seafood Watch as one of the most sustainable in the world."

KING OF SALMON

Of all the salmon species, Chinook – which is known



PER SERVING

(150g, skin-on, raw)

- ▶ 415 calories
- ▶ 27.2g protein
- ▶ 34.7g fat
- ▶ 41.7mg sodium
- ▶ 0g carbohydrate
- ▶ 0g dietary fibre

HOW MUCH

From \$10.90 (150g)
to \$74.90 (1.30kg
to 1.49kg, frozen)

WHERE

The Barbie Girls
www.thebarbiegirls.com

and marketed as king salmon in New Zealand (the world's largest producer of the species, according to the United Nations' Food and Agriculture Organization) – offers the highest content of omega-3.

The king's high oil content also makes it more tolerant to any cooking methods, from grilling to poaching. It won't be that dry should you overcook it a bit. When put to the barbecue and taste test, it was a buttery treat. In fact, this is a fish that speaks for itself, so go easy on the seasonings.

More importantly, its diet is guaranteed free of genetically modified food, pesticides and antibiotics, says Sasha.

On top of that, The Barbie Girls gives you the option to buy the salmon – fresh or frozen – as 150g fillet portions or as whole sides ranging from 0.8kg to 1.49kg, all at prices lower than what you'll typically find elsewhere.

PSYCHO STRANGERS

FIRST OFF, IT'S STUPID TO LET IN TWO OUTSIDERS INTO YOUR HOME – EVEN IF THEY'RE HOT.

► KNOCK KNOCK

Most of us would've been drilled since young never to open the door to strangers. Looks like someone didn't get the memo. Directed by Eli Roth, this horror/thriller flick sees happily married architect Evan Webber (played by Keanu Reeves) enjoying a weekend alone. A thunderstorm (what else?) drew two seemingly lost and innocent girls to his house seeking shelter. Temptation and seduction ensues, but the girls aren't ready to let Evan go. Not yet.

Premieres Oct 8 in cinemas islandwide.



MOVIE



MOVIE

LEGEND

► Tom Hardy expertly executes two roles in this movie – gangster twins Reggie and Ronald Kray – who became the most notorious underworld figures to terrorise London in the 1950s and 60s. It feels like an English-style *Infernal Affairs* mashed with *The Godfather*, but there's more to Brian Helgeland's film than gun-totting men with heavily gelled hair.

Premieres Oct 29 in cinemas islandwide.



QUIZ

YOUR GREATEST FOOD CHALLENGE

► Do you know where the best guy-grub spots are? Go to the link below and stand a chance to win the grand prize – an awesome weekend test drive with the Volkswagen Scirocco!

www.menshealth.com.sg/VWquiz



EVENT

SOCIETE GENERALE SINGAPORE CRICKET CLUB INTERNATIONAL RUGBY 7S

► Get to witness some world-class rugby action at the 68th edition of one of the oldest invitational team sports events in Asia. Defending champions Borneo Eagles will take on the development teams of international rugby powerhouses South Africa, England, France and Italy, who are using the competition as a training platform for the upcoming international Sevens World Series.

Oct 30 to Nov 1, www.sistic.com

■ USEFUL YOUTUBE VIDEO OF THE MONTH

HOW TO POACH AN EGG – IN THE MICROWAVE

Here's one way to impress your date – through her stomach, with perfectly poached eggs. UFO Bob teaches you how with his quick wit and enthusiasm.



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UFO Bob
OR LOG ON TO:
www.bit.ly/1NuPf2R

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UNFAMILIAR GROUND

IF YOU'RE NEW TO BUYING FOREIGN PROPERTY, READ THIS TO FIND OUT WHAT YOU NEED TO TAKE NOTE OF.

Buying property abroad can be daunting for any novice. Property launches from familiar markets such as Australia, the UK and Malaysia, regularly held in Singapore, offer a convenient and tempting option of hassle-free buying. Still, buyers need to beware of common pitfalls and traps.



DON'T BUY ON IMPULSE AT THE LAUNCH

Attractive incentives or discounts are often offered during a launch weekend – a bonus for anyone who has already decided to buy. But for the unsure, these carrots may unduly tempt them into a purchase without first conducting sufficient research.

Sales people will sometimes apply hard-selling tactics which, for novices, can be quite intimidating. They

may dangle “special discounts” such as rebates on stamp duty taxes on launch weekends. If developers are at the launch itself, it is also easier to directly negotiate deals with them.

A 52-year-old property investor, who asked to be called Richard, believes the majority of Singaporeans buy overseas properties too hastily and make mistakes. He has bought a number of properties in the UK and Malaysia.

Roarie Scarisbrick, a partner at Property Vision, an independent property adviser and consultant, supports that view. “I have met people who are convinced that they are buying real estate in central London when, on closer examination, the development turns out to be on a busy road in suburbia. Everything looks pretty close to Trafalgar Square in the developers’ glossy brochures.”

Careful research and local knowledge are necessary to make the right purchase, given that agents tend to be hard-selling whatever developments they have on hand, Richard says.

The majority of Singaporeans buy overseas properties too hastily and make mistakes.



■ TEXT STEPHANIE HENG/THE STRAITS TIMES
■ PHOTO C.J. BURTON/CORBIS
■ ILLUSTRATIONS MACROVECTOR/123RF



RESEARCH BEFORE YOU BUY

Experts emphasise

that research is vital – that forewarned is forearmed. And do this research yourself rather than rely on information given by property agents, who may not have your best interests at heart.

Ideally, you should visit the property – or at least use tools such as Google Earth to verify

the accuracy of promotional statements. Such online tools help you check the distance between an underground station, for example, and the development, says Richard.

Roarie adds that buyers should do due diligence on other developments in the surrounding area. He says: “A stunning river view could easily be obliterated by the next tower block. And developers don’t do refunds.”

After examining the location, would-be buyers should understand the particular country’s rules and restrictions on foreign ownership of property. In Australia, for example, homeowners can resell only to local residents.

The Council for Estate Agencies (CEA) advises buyers

“IDEALLY, YOU SHOULD VISIT THE PROPERTY – OR AT LEAST USE GOOGLE EARTH TO VERIFY THE ACCURACY OF PROMOTIONAL STATEMENTS.”

to get a good sense of property market trends, and find out if the developer offers any after-sales support. This might include progress reports on the project while it is under construction.

Buyers should investigate the range of developments available as well, instead of simply flocking to the latest property launch to buy a real estate that may not suit their needs.

Peter Thng, executive director of Reapfield Property Consultants, says there are cases of people buying where there was a misalignment of expectations between their investment needs and what the properties can offer to them. For instance, some buyers are under the impression that they can reap quick profits.

Visiting the main offices of property agencies is a better

way to learn about the range of projects available.

Approaching agents at newer launches tends to be less helpful, as they have limited materials on hand of past developments, and would much rather promote the development being launched. Buyers should also be aware if something better is about to come up, says Roarie.



BE AWARE OF TAXES AND FEES

Buying a

property overseas is a huge undertaking, so you should understand the total financial commitment involved, as well as other restrictions that may reduce your capital gain. For instance, while many developments offer enticingly low initial downpayments, progressive payments can add up to a rather heavy commitment.

Terms vary for each development but, generally, buyers have to first pay a booking deposit, which may or may not be refundable. Then they usually pay 10 per cent of the purchase price within a specified period after the exchange of contracts. The remaining 90 per cent will be paid near or on the date of concluding the contract, when the development is close to completion.

The CEA also cautions that when attractive discounts are given in the purchase price, or when there are guaranteed rate of returns or yield rates, these carrots may actually be built into the overall purchase costs.

Buyers should take note of any additional fees and taxes

they will be required to pay. This includes stamp duty fees, legal fees and property taxes. Also, buyers may have to pay income tax if they receive rental income from the property.

Lim Beng Hua, executive director and head of secured loans at UOB Singapore, says that when renting out the property, buyers should factor in the fees required to appoint a good property management agent to help manage their property. They should also take note of the potential shortfall between rental income and expenses when planning their cash flow.

Taxes such as capital gains tax cannot be ignored either. Take the UK, for example: Changes to capital gains tax were recently implemented there, so that profits from the sale of properties bought will be taxed at a rate starting between 18 and 28 percent, depending on the amount. Previously, this did not apply to non-UK residents.

Another example is council tax, a system of taxation used in England, Scotland and Wales to partly fund services provided by the local government. It applies to

individuals 18 or over who own or rent a home. However, this tax can be waived if the occupants of the property are full-time students.

Lastly, be aware of your ability to finance this transaction, as well as the housing loan limits. The recent changes in Singapore's total debt servicing ratio laws will influence your ability to purchase overseas properties.

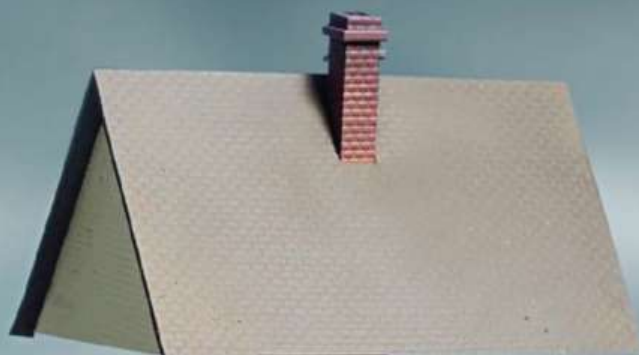
Roarie says: "All buyers... should get their tax, legal and finance arrangements in place before going into the market. You have a better chance of getting a good deal if you appear to be a credible buyer."

And while investors have the choice of taking up loans in the local currency of the market where the property is, Beng Hua says buyers must take into account the foreign exchange risks that may arise with currency movements.



KNOW WHAT YOU'RE BUYING

The abundance of developments available to buyers in Singapore is both a blessing and a curse. Too much choice will be the main problem for



The abundance of developments available to buyers in Singapore is both a blessing and a curse.

PHOTO C.J. BURTON/CORBIS

buyers, Roarie observes. "All developments have some good units and some bad units, so it is essential to scrutinise each to make sure you buy the right one."

Poorly chosen units will "struggle to sell" in difficult market conditions. He cites, for example, developments in London's Battersea and Nine Elms. "While some of the flats are going to be absolutely stunning, with river views or southerly light... plenty will be secondary, especially on the lower floors in the middle of the maze of buildings, where there will be little or no view," he adds. "And although there is an extraordinary amount of choice, not all are equal."

So buyers should first evaluate their investment objectives and the level of risk they are willing to take. Investors hoping for passive income through rental will tend to be looking for a different type of property than those hoping to focus more on capital gains in the medium to longer term, Peter points out.

Similarly, the level of risk involved will differ between countries and types of

"POORLY CHOSEN UNITS WILL STRUGGLE TO SELL IN A DIFFICULT MARKET CONTEXT."

properties. Buyers must also consider the cash outlay they are prepared to fork out, and available financing options they qualify for.

Finally, Peter advises buyers to be prepared to hold their properties for at least four years and beyond to see decent returns. "They also need to have holding power, as properties are less liquid than stocks and shares," he says.

MAKEOVER MAGIC

Looking to sell your place? Use these three tricks to get more for it.

< FOCUS ON THE SMALL STUFF

You may be tempted to rip out the kitchen and replace it on the cheap to entice potential buyers. Don't do that. A poorly done renovation doesn't add value and only needs to be fixed later. Instead, focus on little upgrades that can make a big impact.

"Add or replace your lighting fixtures," says Drew Scott, one-half of HGTV's Property Brothers. "That can really update a space."

Other suggestions: Instead of installing new floors, invest in an area rug; and instead of replacing a dated stone wall or fireplace, paint it and create a patina effect. Oh, and clean up the place. Decluttering – making the space feel clean and organised but not empty – is a basic but incredibly important step that makes your home feel bigger and happier. Buyers will notice.

< DON'T PLAY YOUR ENTIRE HAND

List the house without the appliances included. Yes, it's

unorthodox, but it gives you leverage. If your appliances are new and of good quality, then you can use them as a bargaining chip later.

< TAKE EMOTION OUT OF IT


You watched your kids grow up there; you shared laughs with your wife over dinner fiascos in the kitchen; you poured blood, sweat and tears into finishing the basement – but now you need to sell the place, and it's just not happening. Guess what? It's not the buyer.

"If your home isn't selling, it's because of one of three things: a problem with the neighbourhood, a problem with the house or a problem with the price," says Drew. "You can control only the latter two." Work with an experienced real estate agent and trust in his or her valuation, and concentrate on simple makeovers – such as those suggested – that will improve the value of the house in the buyer's mind.

KEEPING ... IT COOL

14 WAYS TO MAKE SURE YOUR
CASUAL STYLE SAYS
LAID-BACK (NOT LAZY).

TEXT KENNETH WEE, JAMIE MILLAR & MIKE DARLING PHOTOGRAPHY MICHAEL TAN ART DIRECTION PAULINE TAN STYLING SHEH HAIR DAX LYE
MAKEUP NOYEO ALEXANDER MODELS GREG/AVE MODELS, REBECCA CHEN & VALERIE LIANG LOCATION TANJONG BEACH CLUB



You hear
“dressing
like a
gentleman”

and think suits and ties. But come weekend, how do you apply that in Singapore – where the ubiquitous outfit is arguably one that looks like you’re always ready for the beach?

The key is finding clothes that fit, says Rebecca Chen (left), 24, who hits sand and sea at least once a week. She’s the bikini bombshell in these pages, joined by her beach buddy Valerie Liang (far left) of the same age – with cues on how you can get the attention of that hot girl you’re eyeing.

“If you’re keeping your top on, choose a well-fitted one that shows off your toned chest muscles without being too tight,” Rebecca adds as she poses for *Men’s Health* at Sentosa’s Tanjong Beach Club.

In other words, there’s no need to go over the top just to stand out from the crowd. So relax. Have a cold beer.

If gentlemanly dressing means not looking like a bum, we’ve got just the tips for a casual, practical, thrown-together but thought-out style. It’s the real thing.



→ **ON GREG:** **TOPMAN** PRINTED SHORTS, \$79.90;
SCOTCH & SODA SWEATSHIRT, \$179

→ **ON VALERIE:** **BILLABONG** BIKINI TOP, \$39.90,
AND BIKINI BOTTOM, \$39.90

→ **ON REBECCA:** **ROXY FROM QUIKSILVER** PRINTED BIKINI TOP, \$89.90;
BILLABONG BIKINI BOTTOM, \$39.90

1



Tailor Your Approach

Over the past few years, swimwear has seen a rise in inseams and smart tailoring, led by too-cool-for-pool brands such as Orlebar Brown. "The idea came when I was sitting by the water on holiday and didn't want to get changed for lunch," says founder Adam Brown. "But the other benefit is fit. Many people think baggy, shapeless swimwear hides a multitude of sins, but the opposite is true. If the suit fits you properly, then it's

ultimately more flattering." It's as true for swimwear as it is for Savile Row. Here's what you should look out for:

REAR WINDOW

Tailored shorts tend to have waistbands that are raised at the back, so when you sit down for lunch, you don't accidentally release the Kraken.

RUBBER BANNED

An elastic waistband will cause any "water weight" to spill over, accentuating your

stomach. More flattering are shorts that float on your hips.

DRESS SENSE

As with all clothing, excess fabric only makes you look bigger: "Plus you feel like you're wearing a skirt when you get out of the water," says Adam.

2



Make Tee Time

"T-shirts are the most versatile item in your closet," says *Men's Health* executive fashion director Brian Boye. These four are the only tees you need.

CREW NECK: Invest in a little extra quality (nothing in a three-pack)

RAGLAN: Very casual. You can wear it to a ball game but not on a date.

LINEN TEE: Wear it by itself during the day and under a blazer in the evening.

V-NECK: It's extremely versatile. Try it under a cardigan or varsity jacket.

→ **ON GREG:** **TOPMAN** STRAW HAT, \$36.90;
UNIQLO BERMUDAS, \$29.90;
SCOTCH & SODA T-SHIRT, \$89;
SUIT SUPPLY LINEN JACKET, \$619

3



Ditch Those Uncool Cargo Shorts For Good

Slim, tailored shorts that fall two to five inches above the knee work well for a guy who has an average build, says *Men's Health* fashion director Sandra Nygaard. "Look for sun-washed reds, greens and blues," she advises. If you're feeling bold, try a nautical look, colour blocking, florals or geometric patterns. "Summer is the time to make a splash with colour and pattern," Sandra says.

4



Cut Some Dash

Pack a lightweight blazer handy for last-minute dinner dates at the beachside bar and restaurant. We like Suit Supply's linen jacket (on this page).





→ **ON GREG:** BILLABONG BOARD SHORTS, \$59.90

→ **ON VALERIE:** BILLABONG PRINTED BIKINI TOP, \$59.90, AND BOTTOM, \$45.90

→ **ON REBECCA:** BILLABONG PLAIN BIKINI TOP, \$39.90, AND BOTTOM, \$39.90



GALLERY

Check out more red-hot pages of beach style in our digital edition. Download *Men's Health Singapore* now on Magzter and Apple Newsstand.

5



Find A Place In The Shade

Riotous coloured shorts require rules. "It depends on skin tone," says Adam. "Pale doesn't wear bright colours well; the olive- or dark-skinned do so better." Bear in mind fluoros also make the whole beach-to-bar thing less viable. "Navy is foolproof, elegant and gets you anywhere," he adds.

6



Think Cool

"If you're headed for a bar like Tanjong Beach Club's, throw on some accessories like a pair of shades or a straw hat," says Valerie. "This makes your overall look more special."

7



Manly Tones

"I like neutral colours, like grey and khaki, on a guy," says Rebecca. "Earthy tones make you seem more laid-back but still look good."

8



Snap The Perfect #OOTD Photo

Take control of your depth of field, says Jerry Monkman, author of *The AMC Guide to Outdoor Digital Photography*. A smaller F-stop (like F16) will render more clarity to the photo – great for mountain and beach scenes. A shallow depth of field (like F4) will focus on the subject – great for portraits and wildlife. Vary the shutter speed, too. A Fast setting (say, 1/500) freezes the action. A slower speed (1/30) blurs the image, creating a sense of motion. Use a tripod to keep the static parts of the image sharp.

9



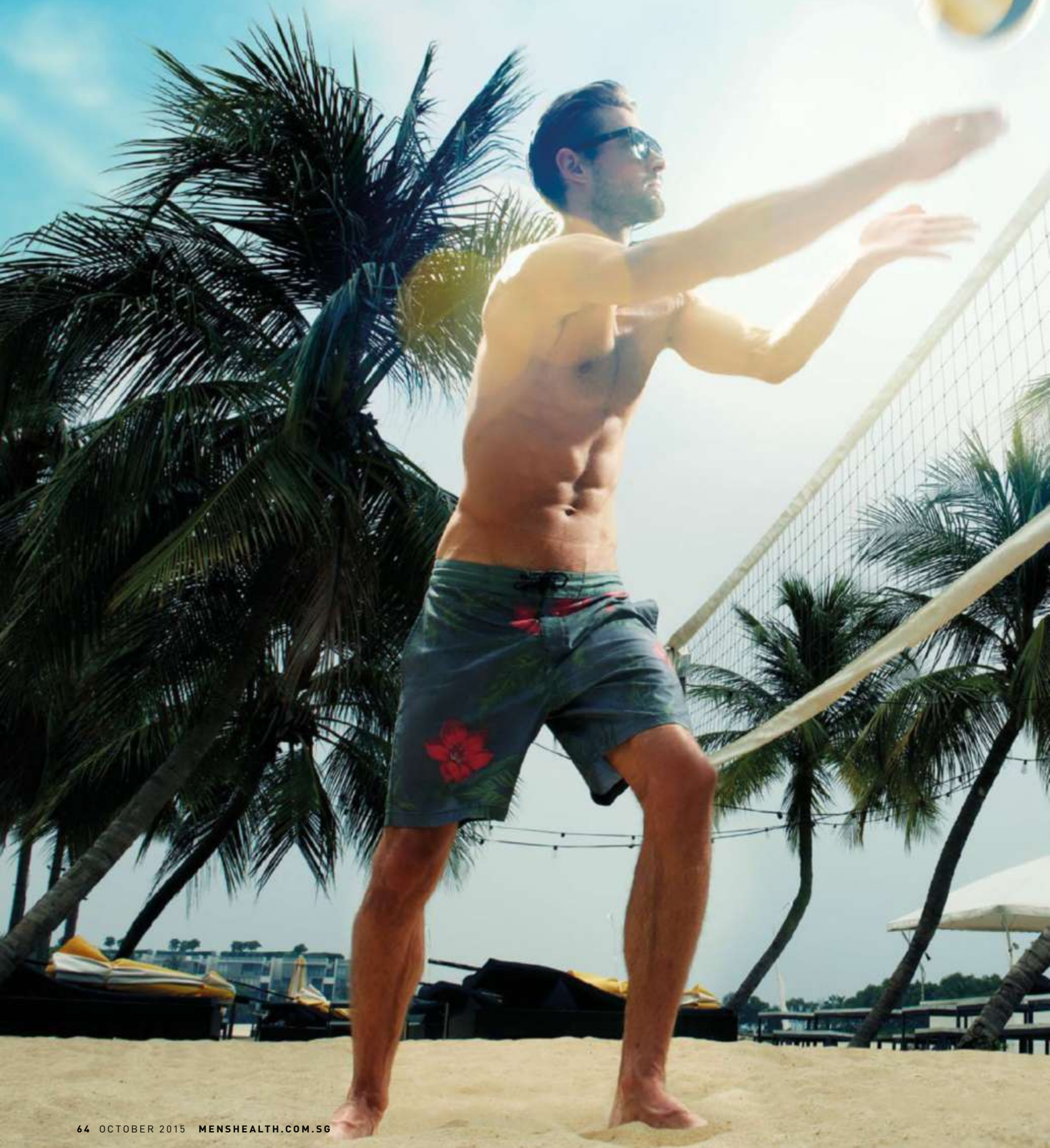
Pull Off A Hawaiian Shirt (It Can Be Done!)

You want a shirt with a tailored fit, says designer David Hart, who has used Hawaiian prints in his collections. And go with deep colours in the background and classic prints (palm leaves, say) for a sophisticated look.



→ **ON GREG:** BILLABONG BOARD SHORTS, \$79.90

→ **ON REBECCA:** BILLABONG BIKINI TOP, \$35.90, AND
BIKINI BOTTOM, \$45.90



10

Stripe A balance

Nautical stripes are a menswear and swimwear staple. Vertical ones draw the eye in that direction to elongate your body. They are best circumnavigated if you're already tall. Conversely, horizontal stripes send the gaze sideways, so steer clear if you're built like a tanker. However, they will add optical bulk to your thighs if you're built like a narrowboat – or have been skipping leg day.

11

Go To Great Lengths

Taking the plunge on length can be confusing. "Mid-thigh is a safe bet, regardless of your height or shape," says Adam. "Showing a bit of leg makes you seem taller." If you're already tall and thin, boardies will make your thighs appear thicker; if you're short or thick-set, a shorter inseam makes you look taller.

CUT-OFF POINT

The fashion may be for shorter shorts, but you need to feel comfortable with it. "They should never be squeezing at the front or at the back," says Adam.

HANG TEN

Board shorts sit low on the waist, so they'll highlight your hard-won washboard abs and inguinal crease, but at the risk of showing off your backside.

STREAM LINE

As well as generally being more flattering for most men, shorter inseams reduce drag in the water and won't pull down your trunks when you climb out of it.

12



Do Some Prep, Then Rock The Flip-flops

First, soften calluses and exfoliate using a lotion containing urea, salicylic acid or lactic acid, such as Eucerin Intensive Repair, says dermatologist Dr Angela Lamb of Mount Sinai Hospital in New York City. Then trim your nails with a clipper and file them down with an emery board.



13

Fresh Off
The Boat

Smell like you've just returned from a sailing trip with Issey Miyake's light, crisp L'Eau D'Issey Pour Homme Oceanic Expedition (\$94, 75ml, www.isseymiyakeparfums.com).

14

Bermudas
Over Triangle

"Don't wear speedos on the beach," says Rebecca, "They're unattractive and too tiny." Valerie agrees: "They make you look goofy. Even at the pool, swimming trunks are best for professional swimmers."



→ ON GREG: AMERICAN EAGLE OUTFITTERS HOODED TOP, \$44;
AMERICAN VINTAGE SWEATPANTS, \$190

→ ON REBECCA: ROXY FROM QUIKSILVER BIKINI SET, \$115



CHOOSE PROTECTION

SELECTING THE RIGHT SUNCREAM FOR YOUR SKIN IS AS IMPORTANT AS THE CLOTHING – OR LACK THEREOF – YOU DECIDE TO WEAR.

TEXT LEE KYNASTON

HOW ACTIVE WILL YOUR GETAWAY BE?

A It's a holiday, not a rest week

B Fly and flop

Water-resistance is crucial, whether you're swimming in sweat or in the sea. UVB rays penetrate below the water's surface, says dermatologist Dr Nick Lowe.

HOW OLD ARE YOU?

A Club 18-30

B Star Cruises

Look for "broad spectrum" on the bottle. "This means it screens out both UVB rays, which cause burning, and UVA, responsible for ageing," says Dr Lowe.

DO YOU STILL HAVE SPOTS?

A Zit happens

B My acne is behind me

"The last thing you want is anything that blocks pores," says Lesley Corridan of The International Dermal Institute. "Use water-based or oil-free matte products."

HAVE YOU STILL GOT HAIR?

A I'm the mane man

B It's a solar panel for a sex machine

Use a light sunscreen spray. "I see a lot of men with skin cancers on their heads," says Dr Bav Shergill of the British Association of Dermatologists.

WHAT'S YOUR COMPLEXION?

A As pale as almond milk

B Mediterranean, like my diet

You've thrice the chance of malignant melanoma, so aim high: SPF 50 blocks 97 percent UVB rays; SPF 15 just 93 percent. "Studies suggest the extra 4 percent is significant," says Dr Lowe.

Lucky you. But you're still not using enough cream. "Apply at least a teaspoon of SPF 15 to your face and neck, and an eighth of a cup on the body," says Lesley.

STOCKIST

A**American
Eagles
Outfitters**

#B1-06/07 Vivocity,
Tel: 6376-9302,
www.ae.com

A**American
Vintage**

#03-13B
Takashimaya D.S.,
Ngee Ann City,
Tel: 6734-2750,
[www.american
vintage-store.com](http://www.american
vintage-store.com)

B**Billabong**

36 Siloso Beach Walk,
#01-03, Wavehouse,
Tel: 6377-3012,
[www.billabong.
com/asia](http://www.billabong.
com/asia)

Q**Quiksilver**

#02-21/22 Vivocity,
Tel: 6376-8148,
[www.quiksilver.
com.sg](http://www.quiksilver.
com.sg)

S**Scotch &
Soda**

#B1-31 Ngee Ann City,
Tel: 6734-4300,
www.scotch-soda.com

S**Suit Supply**

#03-15 Ion Orchard,
Tel: 6634-0080,
www.suitsupply.com

T**Topman**

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Tel: 6273-9261/6890,
www.topman.com

U**Uniqlo**

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www.uniqlo.com/sg

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Kelvin (Feb 2015):
This is a great product!

James (Mar 2015):
My hair are growing back

Avoid the true horrors of a comb-over nightmare with Hair Raiser Follicle Restorer, a scientifically proven formula that rejuvenates your scalp and stimulates renewed growth-at the root.

How it works

- Heredity, health, diet, nutrition and some medication all contribute to hair loss. However, the two main causes of hair loss are the active presence of the hormone DHT (5-alpha-hydrotestosterone) in hair producing cells, and a loss of blood
- 2 DHT blockers, Swertia and Licorice Extract, effectively block DHT production on the scalp
- Methyl Nicotinate, a vasodilator and Tetrahexyldecyl Ascorbate which speeds penetration of active ingredients to scalp.

Ingredients

- Methyl Nicotinate: Vasodilator Blood pressure Medicine.
- Glycyrrhiza Glabra: 5 Alpha Reductase Inhibitor (DHT Blocker).
- Swertia Japonica: 5 Alpha Reductase Inhibitor (DHT Blocker).
- Stearyl Glycyrrhetinate:
- Tetrahexyldecyl Ascorbate: Vitamin C Ester.
- Aleurites Moluccana Seed Oil: Hair Follicle Conditioner.

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LIGHTER THAN AIR TIME

THE FINEST HOROLOGICAL MINDS ARE NOW FOCUSED ON SHEDDING WEIGHT – WITH UPLIFTING BENEFITS FOR EVERY GUY.

TEXT ALEX DOAK PHOTOGRAPHY JASPER YU
ART DIRECTION PAULINE TAN STYLING SHEH

R

Real watches are driven by technology that's effectively 200 years old – a delicate concoction of wheels, springs and levers. This is their *raison d'être*: to be new is to miss the point. But things must progress. So rather than reinventing those wheels, Switzerland's tweezer-wielding boffins are keeping their time machines cutting edge by tinkering with the packaging.

By switching up from the usual steel or gold to high-tech, low-weight materials such as ceramic or aluminium, a watch's case can become the most innovative part, with materials scientists the industry's new rock stars. But scratch beneath the surface





- 1/Swatch Baires Irony XLite Big, \$167, www.swatch.com
 2/Longines Elegant Collection, \$5,160, www.longines.com
 3/Nixon The Sentry 38, \$248, www.aristasingapore.com
 4/Timex The Waterbury Watch, \$175, www.timex.sg

and this obsession with weight is not just cosmetic: The lighter a watch, the more practical it is.

However, brands have had a hard job convincing dyed-in-the-wool collectors that anything not encased in gold or platinum is worth more than its weight. At least until Richard Mille came along.

"I was fighting against perceived value," recalls Richard, who has been experimenting with weight reduction since the birth of his eponymous Swiss-made concept brand in 2000.

"A titanium watch could not

be luxurious because it did not weigh enough. But mentalities changed. Collectors realised the extreme lightness meant I was using the best technology."

Even athletes have benefitted from his approach, not just when posing for cameras, but actually during play – unheard of in sports such as tennis and golf, where even the slightest impediment could be catastrophic.

As well as a G-sensor to clock his 310km/h swing, Masters champion Bubba Watson's barely-there RM 38-01 boasts front and back bezels

made from TZP-G, a ceramic based on microscopic tubes of alumina oxide powder injected with green colourant (to match his jacket, naturally). However, at a hefty \$1.3 million, only seriously big hitters need apply.

Thankfully, you needn't spend quite that heavy to buy light. For a watch that won't cause a run on the bank but still ticks the high-tech box, try titanium. It's a tricky (and therefore pricey) metal to machine on account of its extreme hardness, but its scratch resistance, comfort on the wrist and tasteful matte

1



2



grey finish all make it worth it.

Sure, you can go lower, but sub-\$4,000 represents a bargain for such a lot of finely engineered, catchily named metal – bulky enough to withstand the pressure at 300m below; light enough so you can resurface.

The ultimate high-tech, low-weight material is of course carbon fibre, which you'll find adorning plenty of dials and bezels – principally for the compressed weave's techy-looking shimmer. Few brands craft entire cases from carbon fibre. But when they do, the results are impressive in more ways than one.

It's not all at the top end either. Aluminium is having a moment in the watch world as well as the automotive one. It's cheap, tough and, yes, light, but its real party piece is the rainbow of colours it can come in. As well as making it

corrosion-resistant, a process called anodisation enables aluminium to adhere to paint or dye better than steel.

And proving that aluminium watches are most certainly a movement, look no further than Swatch's Irony XLite range, which features metal interspersed with brightly coloured placky inserts and panels. At less than a "ton," these won't leave your wallet light either.

1/Ted Baker Smart Casual Collection, \$268,

www.aristasingapore.com

2/Swatch Bee-Droid Irony XLite Chrono, \$230, www.swatch.com

3/Swatch Moos Irony XLite Chrono, \$230, www.swatch.com

4/Tissot Titanium Automatic, \$1,250, www.tissot.ch



GALLERY

Report to our digital edition for more military-style watches. Download *Men's Health Singapore* now on Magzter or Apple Newsstand.



TIME SCALES

How materials used in watchmaking weigh up.

Platinum	21,400kg/m ³
Gold	19,320kg/m ³
Stainless Steel	7,480-8,000kg/m ³
Titanium	4,500kg/m ³
Aluminium	2,600kg/m ³
Carbon Fibre	1,800kg/m ³

STUBBLE SHOOTER

A SCIENTIFIC STEP-BY-STEP GUIDE TO WHAT'S LURKING INSIDE YOUR SHAVING FOAM.

Even if you're sticking it out with the beard for now, the average man will shave 20,000 times in his life. So this is not a habit to scrimp on.

Knowing what's in your shaving cream – and seeping into your pores – makes a visible difference on a daily basis. We spoke to Dr Nick Plant, a reader in molecular toxicology at the University of Surrey in the UK, to cut through the fluff, uncover any hidden irritants and help you save face at the sink.

01 MOISTURE MASK

Propylene glycol moisturises the top layer of skin, allowing your razor to glide. It takes flak from some dermatologists because the chemical also appears in antifreeze, but it is marked as safe by industry regulators. Still, it's best not to confuse it with toothpaste.

02 SKIN SOOTHER

Anti-inflammatory aloe vera gel is proven to treat irritated skin. It often appears on your can alongside fellow calmer chamomile. It's worth placing a warm towel on your face for a few seconds, too, says master barber Stelios Nicolau. It raises the hairs for a smoother shave.

03 SHELF LIFE

Sodium benzoate is a preservative to extend shelf life. It's been known to cause dry skin, so if you notice excessive dryness after shaving, opt for a brand without this ingredient. Try **Lab Series** Maximum Comfort Shave Cream, \$33 (100ml), www.labseries.com.sg.

04 AEROSOL POWER

If you need a clean shave for work, isobutene cuts minutes off your regime. It works as a propellant, pushing foam out of the can faster. But it does cause rashes in some men. Try shaving soap in that case (**Edwin Jagger** Aloe Vera Shave Soap, \$29.90, www.whatthewants.com.sg). And wake up earlier.

05 FINISHING TOUCH

Mineral oil is a by-product of petroleum – but don't let that fuel concerns. It softens skin and is non-comedogenic, which means it breaks down oils without clogging pores, so it won't cause spots, leaving you free to focus on taking on the rest of the day.

SHAVING BY NUMBERS



If you've been wondering what your beard, or lack thereof, reveals about you, we've found the stats, courtesy of Mintel and Gillette. Clean-shaven men come out on top.

59%

of people think it's unprofessional to display an untrimmed beard in the boardroom.

9/10

women find clean-shaven men more kissable than their stubbly counterparts.

39%

of men feel pressured to keep their facial hair looking trimmed on a daily basis.



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01 TRUSSARDI UOMO

This masculine fragrance is a heavier alternative to the typical citrus scents, with bright notes of lemon, bergamot and nutmeg offset by notes of leather accord and the strong patchouli herb.

From \$75 (30ml), www.trussardi.com/sg

02 MAISON MARTIN MARGIELA REPLICAT AT THE BARBER'S

Inspired by barbershops, this scent opens with a combination of basil and lavender notes, followed by almond-like tonka beans and white musk, and after that a leathery and woody base for life outside the office.

\$129, available at authorised retailers

03 ARMANI PRIVE AMBRE ECCENTRICO

Sweet and intense, this contains a technically sophisticated blend of amber accord, cinnamon, patchouli, tonka bean and notes that depict spiced peaches – designed to make a more sensual impression and hold her attention in a way citrusy fragrances don't.

\$340 (100ml), www.armanibeauty.com

04 RALPH LAUREN POLO SUPREME OUD

Vetiver – extracted from the root of an Indian grass – is a mainstay of men's fragrances thanks to its smoky, leathery depth. These qualities are combined in this scent with oud, a resin from tree fungus widely used in the Middle East, which holds up well in the heat. It's sexier than it sounds.

\$189 (125ml), available at authorised retailers

05 THE BODY SHOP RED MUSK

This cinnamon-laced tobacco scent contains musk, an ingredient that makes you appear more masculine – according to the good chaps at Stanford University. And women are 1,000 times more sensitive to it than men.

From \$46.90 (30ml), www.thebodyshop.com.sg



The Tigerair logo, featuring the word "tigerair" in a white, lowercase, sans-serif font. A stylized orange tiger head is integrated into the letter 'i'.

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^a inaugural flight date and flight schedule are subject to regulatory approval.

POWERLIST



1



WORTHY PICO

GET THIS: UO Smart Beam Laser Projector.

READY FOR: Watching Youtube videos on your ceiling. There are more places to beam stuff on from your favourite devices, of course, but you get the drift. It may be the world's smallest HD LCOS laser projector, but it doesn't lose out in clarity (native 720p HD resolution) as it relies on laser diodes instead of dim LEDs that other pico projectors use. These industry-leading Class 1 lasers are safe for human eyes, staying consistently sharp without the need for cumbersome manual focus adjustment.

THE BEST PART: You can connect this device wirelessly via Miracast or DLNA, or via cable to other machines such as your smart phone, laptop and tablet. The brightness is rated at 60 lumens, nearly double other laser pico projectors.

HOW MUCH: US\$420 (\$594), www.uobeam.com.

UNBREAKABLE TICKER

GET THIS: Casio G-Shock G-Steel GST-S110.

READY FOR: A worry-free timekeeping experience. One of the hardest watches ever produced, you don't have to fret having scratches or knocks on this ticker. A layer of metal is constructed over a shock-absorbent covering of resin, with each tier coloured differently to give a 3D effect. The combination of resin and metal provides exceptional shock resistance and durability, while the timepiece also shows off both analog and digital time displays.

THE BEST PART: In-built with a cool hand-concealment function, where users can press a button to remove the watch hands temporarily. Water resistance to 200m and a solar-charging system will prove useful for adventure buffs.

HOW MUCH: \$349 to \$549, www.casio-intl.com/sg/en.

2



3



MONSTER WORKSTATION

GET THIS: Emperor 1510.

READY FOR: Making your mates jealous. Imagine having an integrated audio system, three monitors, a cup holder and an ergonomic armchair all rolled into one. This workstation is touted as the high-end future of home and office work environments, but for now, it's best kept in your home – provided your missus doesn't grumble about this sleek, scorpion-like behemoth. Work and play are taken to a whole new level.

THE BEST PART: Other features that haven't been mentioned. The product's curved tubular frame is made of Canadian steel with LED lighting, while multiple HDMI and USB ports are positioned at your fingertips. Wires and cables? They're all hidden.

HOW MUCH: US\$5,950 (\$8,450), www.mwelab.com.



PIMP YOUR IPHONE

GET THIS: iPro Lens System.

READY FOR: More likes on your Instagram photos. Enjoy a vastly different photography and videography experience with these goodies that you can attach to your Apple iPhone. Like a regular DSLR, get to play with the likes of fisheye lens (which alter your field of vision to a sweet 165 degrees) and the super-wide lens (perfect for capturing dramatic landscapes and for the budding real estate agent). There's even a macro lens with 2.5X magnification for those who want to snap a close-up of the house lizard without compromising picture quality.

THE BEST PART: Compared to regular DSLR lenses, these are much lighter and easier to carry around. Travellers who pack light may have found their ideal photography companion.

HOW MUCH: From US\$39 [\$55] per lens, www.iprolens.com.

4



FIT FOR MEN, TOO

GET THIS: Fitflop Trakk II.

READY FOR: Walking along Orchard Road without looking too shabby. You may be forgiven for not knowing that the brand has a series for fashionable men, too. This model sports the trademark Microwobbleboard midsole that so many women have gushed about, which fuses three diagonal sections of multi-density ethylene-vinyl acetate into a seamless, underfoot platform to absorb shock. This helps to diffuse high-pressure spots, while the footwear's luxe leather uppers will ease the wearer into any formal occasion.

THE BEST PART: The sandals come in both slide and toe-post style, while there's also a variant model with relaxed textile straps, depending on your preference.

HOW MUCH: \$149.90, www.fitflop.com.





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6

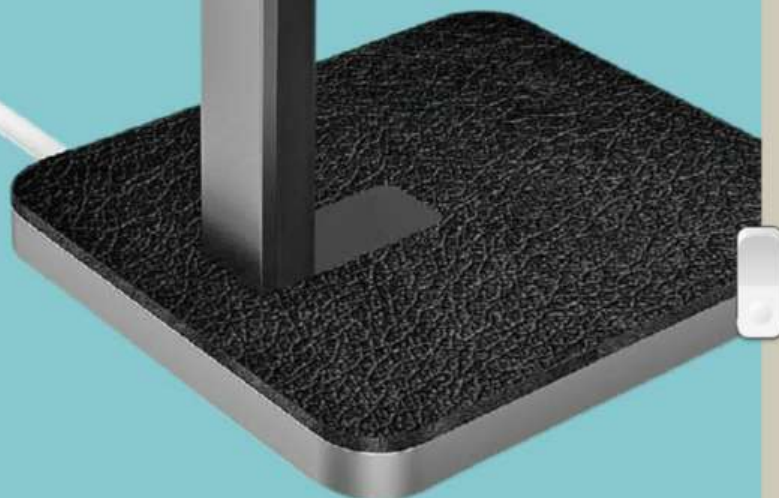
TANGLE-FREE

GET THIS: Mophie Watch Dock.

READY FOR: An elegant and neat way to charge your Apple Watch. If you currently own or are thinking of getting the smart ticker, do note that the length of the charging cable is longer than the usual ones you get with the phone. As such, OCD users will cringe at the mess with the cable snaking in all directions. The dock is made from durable aluminium, providing a solid and stable charging platform.

THE BEST PART: Premium leather accents instantly boost the dock's aesthetic points. And if you ever want to fiddle with the ticker while it's charging, the slightly angled and elevated position makes it easy.

HOW MUCH: US\$59.95 (\$85), www.mophie.com.





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7



SIX-PACK SHORTCUT

GET THIS: Training Gear Sixpad Abs Fit.

READY FOR: Cristiano Ronaldo's abs. Sort of. Endorsed by the Portuguese step-over king, this futuristic-looking gadget has only one agenda: to help you get six-pack abs without excruciating training. Utilising Electrical Muscle Stimulation technology, this lightweight (84g) device is the product of sports science research – using electrical signals to stimulate and exercise targeted muscles.

THE BEST PART: The size of the Sixpad actually matches Ronaldo's own abs. And if the three-time FIFA Player of the Year is willing to share his secret, why not? Plus, you can roam the streets with the device hidden underneath your clothing, so there's no excuse for busy professionals.

HOW MUCH: \$299, www.aibifitness.com.



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106 → RUNNING

TOP OFF YOUR MORNING

What you eat before an early run can make or break your workout.



101 WEIGHT LOSS

MIND OVER BODY

THE MOMENT THIS READER HELD HIMSELF RESPONSIBLE FOR HIS UNFIT SELF, IT WAS THE BEGINNING OF A TREMENDOUS JOURNEY.



92 FITNESS

IS NOVAK DJOKOVIC THE FITTEST ATHLETE OF ALL TIME?

HOW DO YOU CREATE AN ADVANTAGE WHEN YOUR RIVALS SEEM UNBEATABLE? THE ANSWER IS TO PICK YOURSELF APART - TO DISMANTLE THE MAN AND BUILD THE CHAMPION.



88 FITNESS

V-SHAPE SHREDDER

WARNING: THIS WORKOUT WILL MAKE YOU SWEAT, YELL AND CURSE. WELCOME TO THE PAIN CAVE.



104 NUTRITION

LIGHTNING GREENS

THESE FOUR SPEEDY SALADS WILL HELP YOU LOAD UP ON VEGETABLES.



90 MUSCLE

GYM WARFARE

GROW SOME REAL MILITARY MUSCLE BY FOLLOWING THIS ELITE WORKOUT FROM FORMER ROYAL MARINE MARK MAYCROFT.

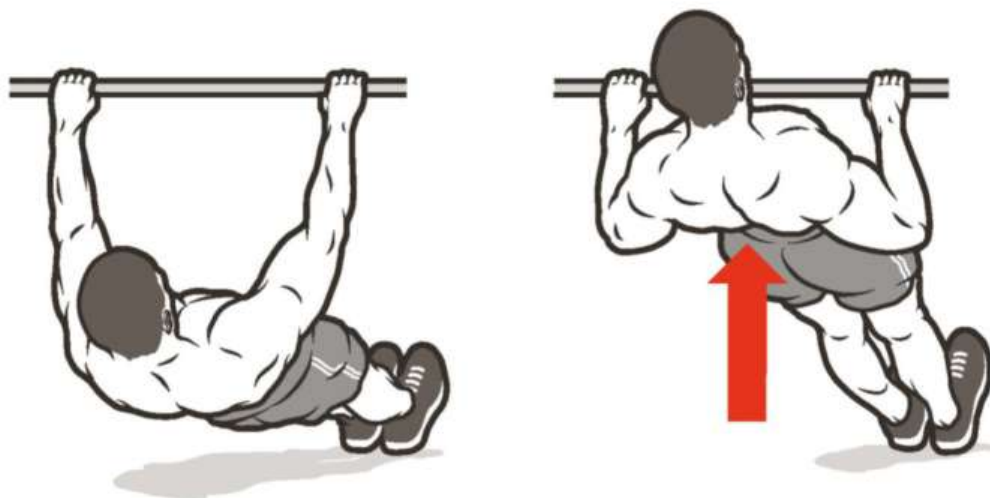
V-SHAPE SHREDDER

WARNING: THIS WORKOUT WILL MAKE YOU SWEAT, YELL AND CURSE. WELCOME TO THE PAIN CAVE.

1 WARM-UP

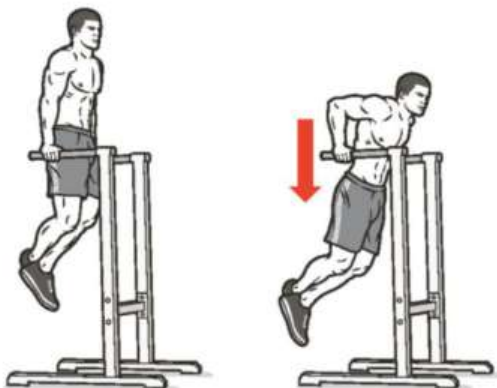
1/ INVERTED ROW

Set a bar at about waist height and hang below it using an overhand, shoulder-width grip. Your arms should be straight (hands directly above your shoulders), your body straight from head to ankles, and your heels touching the floor. Begin by pulling your shoulder blades back, and then continue to pull with your arms to lift your chest to the bar. Pause, then lower your body back to the starting position.



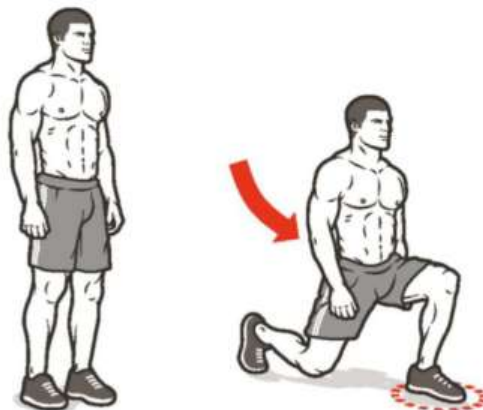
2/ DIP

Grab the bars of a dip station and lift yourself up so your arms are straight. Bend your knees and cross your ankles behind you. This is the starting position. Shift your torso forward and lower yourself as far as you can without discomfort. Pause, then push back up to the starting position.



3/ BODY-WEIGHT LUNGE

Stand tall with your arms at your sides. Step forward with your left leg and slowly lower your body until your front knee is bent at least 90 degrees (don't let your back knee touch the floor). Pause, then push yourself back up to the starting position as quickly as possible.



DIRECTIONS

Do this workout 3 days a week for 4 weeks. Start with the warm-up, doing the moves back to back in a circuit (10 reps of each, 5 circuits in total). Next, load a barbell and do the main workout. Perform the exercises as a circuit – start with 10 reps per move and subtract 1 rep in each successive circuit (10 circuits in total). Rest as needed. Try to finish the workout faster each week.

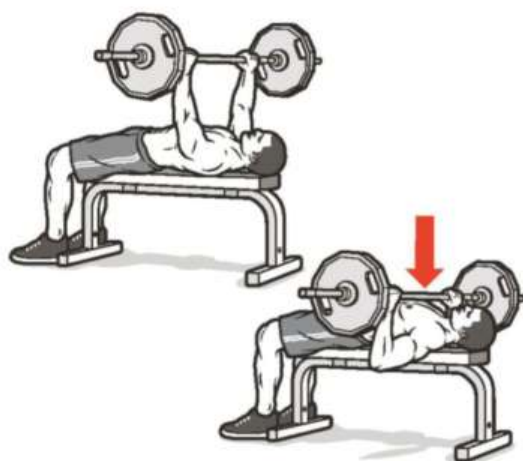
► **DESIGNED BY** Rob MacDonald, Gym Jones training director

► **BEST FOR** Testing your physical limits, building mental grit, and forging total-body strength, stamina and power

► **EQUIPMENT** Barbell, dip station, bench, weight plates, pull-up bar

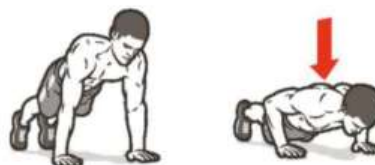
1/ BARBELL BENCH PRESS

Grab a barbell using an overhand grip that's just beyond shoulder width, and hold it above your sternum with your arms straight. Lower it straight down, pause, and push it back up to the starting position. Keep your elbows tucked so that when you're in the down position, your upper arms form a 45-degree angle to your body.



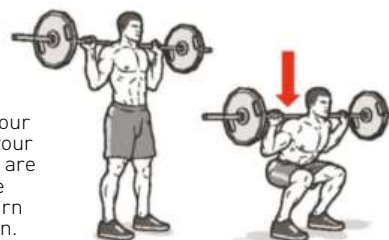
3/ PUSH-UP

Assume a push-up position with your feet together, arms straight and hands positioned below but slightly wider than your shoulders. (Your body should form a straight line from head to ankles.) Keeping your elbows tucked, lower your body until your chest nearly touches the floor. Pause, and return to the starting position.



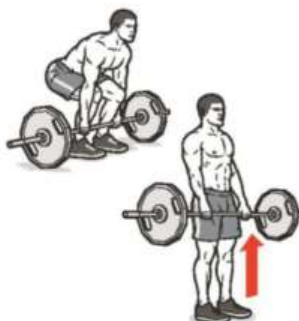
4/ BARBELL SQUAT

Stand tall with your feet shoulder-width apart, using an overhand grip to hold a barbell across your upper back. Keeping your back flat, push your hips back and lower your body until your thighs are at least parallel to the floor. Pause, and return to the starting position.



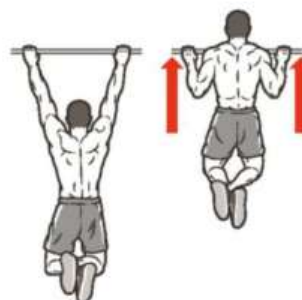
2/ BARBELL DEADLIFT

Roll the barbell against your shins and grab it using a shoulder-width overhand grip. Keeping your back flat, pull your torso back and up, thrusting your hips forward as you stand up with the bar. Pause, and then lower the bar back to the floor, keeping it close to your body.



5/ PULL-UP

Hang at arm's length from a pull-up bar, using an overhand grip that's slightly beyond shoulder width. Pull your chest to the bar, squeezing your shoulder blades together. Pause, and slowly lower your body back to the starting position.



FIND YOUR PERFECT WEIGHT

One bar and one set of plates is all you need

Rob MacDonald's workouts often use the same load for every move. Why? "In the real world, things weigh what they weigh," says the gym director for Gym Jones, which

is based in the US. "If you push a car, pick up a heavy bag or move furniture, you don't get a magic button that adjusts the weight for you." For this workout, select the

heaviest load that allows you to complete all your sets of the weighted exercises. This chart will show you where you fall on the Gym Jones strength spectrum.

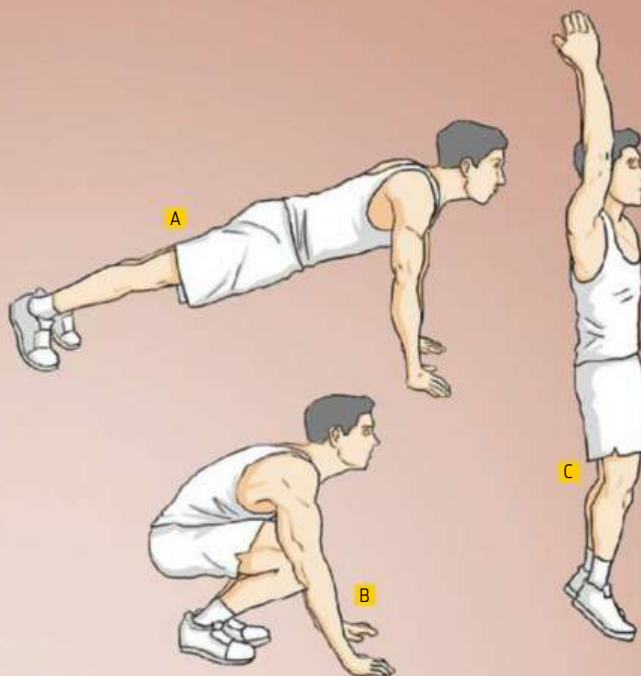
BARBELL WEIGHT (IN KILOS)

AVERAGE	42
STRONG	60
GYM JONES STANDARD	82
BADASS	100



GYM WARFARE

GROW SOME REAL MILITARY MUSCLE BY FOLLOWING THIS ELITE WORKOUT FROM PERSONAL TRAINER AND FORMER ROYAL MARINE MARK MAYCROFT.

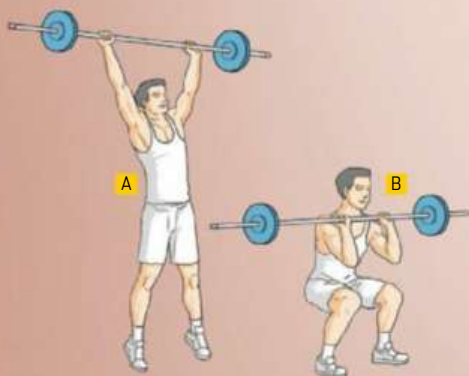


1

THE ULTIMATE BURPEE

► 10-15 REPS

Start with a clap press-up (A), then jump with both legs into your chest (B). From this low squat, explode up like a detonating Claymore (C) and do a tuck jump, bringing your knees to your chest. Squat down, kick both legs out and go again.



2

THE THRUSTER

► 10-15 REPS

Start at the top of a military press, with the barbell held above your head (A). Squat, keeping the bar raised. Then lower it to chest height only at the bottom of your squat (B). In an explosive motion, stand back up to full soldierly height, pressing the bar above your head. Don't call for the medic – this one is going to burn.

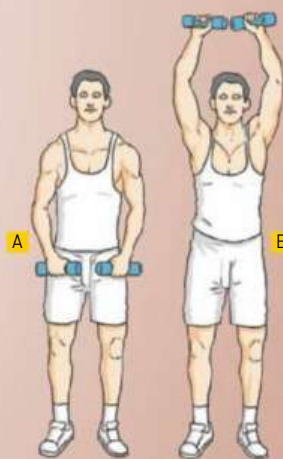


3

PRESS-UP/BENT-OVER ROW

► 10-15 REPS

Hold kettlebells shoulder-width apart and do a press-up (A and B). Jump your knees into your chest and stand. Bend at the hips, with your back straight (C), and bring the kettlebells up to your ribs in a rowing motion (D). Lower the weights, stand, then squat, placing the bells back on the floor. Lock your arms and kick your legs back into a press-up. Repeat.



4

BICEP CURL AND PRESS

► 15 REPS

No soldier is battle-ready without some serious lead in his guns. Perform a curl from hip height (A) to your chest with a power bag, dumbbells or even a barbell. Press the object above your head (B), keeping your elbows pointing forward in order to work your triceps and shoulders. Lower the weights and curl like a commando.

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Real Chemistry.
Real Legends.**

**Glenn Ong and
The Flying Dutchman
Now on ONE FM 91.3!**



Join Glenn Ong, The Flying Dutchman and
Andre Hoeden for **ONE FM's #1 Breakfast Show***,
weekdays from 6am to 10am.

* ONE FM's #1 Breakfast Show is the program name and not based on any research or study.



IS NOVAK DJOKOVIC THE FITTEST ATHLETE OF ALL TIME?

HOW DO YOU CREATE AN ADVANTAGE WHEN YOUR RIVALS SEEM UNBEATABLE? OR FIND THAT EXTRA GEAR WHEN YOUR BODY IS AT ITS LIMITS? THE ANSWER IS TO PICK YOURSELF APART – TO DISMANTLE THE MAN AND BUILD THE CHAMPION.

PHOTO ALFONSO JIMENEZ VALERO/CORBIS



► BY **SIMON BARNES**

First there was Roger Federer, then Rafael Nadal. Tennis was lucky to get one such player. To get two at the same time seemed utterly impossible. They won every

tournament, broke every record. Their count of Grand Slam singles titles stands at 17 for Roger (the men's record) and 14 for Rafael, joint-second with Pete Sampras. This includes an astonishing nine on the clay in Paris. Roger is a player of mesmerising and destructive brilliance; Rafael has the best topspin ever struck.

And yet, just when it seemed that only injury or retirement could end this historic duopoly, Novak Djokovic defied expectation – and belief – to break through and establish himself as better than both. This young man from Serbia took them both on at their peak, and went past them. Their dominance diminished not before his ascendancy, but because of it.

Novak has since won 53 singles titles, including eight Grand Slams, pocketing almost US\$80 million (\$112 million) in prize money in the process. He has been No. 1 in the rankings for a total of 155 weeks – more than Rafael ever managed, and not far off John McEnroe's 170. And one of the reasons he has made it to the top – and stayed there – is because he is arguably the fittest player ever to walk onto court.

Novak is so remarkably athletic that good judges are often blinded. They see only the product of the gym: the discreetly muscled physique, the full-splits flexibility, the combination of staying power and brief recovery time.

But he's not the best just because he is the fittest. He's the best because he has allied physical preparation on and off the court, mental tenacity and technical ability, to a level never previously seen in tennis. Or perhaps – and here's the thing – any other sport.

CARVE OUT A MENTAL EDGE

The modern tennis player is the complete athlete. Strength, speed, endurance, flexibility – he needs it all.

In track and field, you can specialise in the explosive events, or in the endurance. A top tennis player needs to be able to run the 10,000m, while taking occasional breaks to sprint 100m or do a bit of shot putting. He needs the stamina to last five sets, but he must also have the dynamic power to make a long chase and unload into a kill shot. He must be precise and skillful when close to exhaustion. And that describes the way Novak wins matches against the finest opposition tennis has ever thrown up.

"We have fitter, faster, stronger and better athletes – that's inevitable with increased professionalism," says Mark Williams, professor of clinical psychology at Oxford University. He suggests all sports have risen in levels of endurance, strength and quickness, but what sets tennis players – and Novak in particular – apart is not just great physical fitness but psychological superiority.

"Everyone at the top levels of sport is fit," he says. "Without fitness, you're no good – don't even start. But it's not enough. Tennis is also about higher-level cognitive thinking. You must know what your opponent will do: pick up his body shape and his movement, and know what shots to expect from what areas of the court. It's a matter of mental preparation over an extended timescale, and that's a process based on, say, 20 hours of practise a week, totalling 1,000 hours every year. That's the way you create

technical and tactical ability."

At the Australian Open final this year, it seemed that Andy Murray had gotten on top of the match as he levelled at set-all – but Novak found another gear to take the next set 6-3 and then yet another to take the fourth to love.

Raise, then raise again. You're not supposed to be able to do things like that, not at this level. People who watched tended to misunderstand. They thought Andy had thrown in the towel. Not a bit. Novak got stronger. At the point when tiredness should have set in, he found his A-game and played better.

DO SWEAT THE SMALL STUFF

Novak's victory came with mental certainty. Because he not only chases down your best shot, he also has the unerring clarity of mind – a product of both fitness and game sense – to play the right shot when he gets there. He hasn't just developed the physicality to outrun his rivals, but the mental edge to outlast them.

The person who knows Novak best on the circuit is another Serb, Viktor Troicki, a very respectable player himself, with a career-high ranking of No. 12 and US\$5 million prize-money in the bank. He has something of a big-brother feeling for Novak – he's two years older – and speaks of him protectively and proudly. There's a rivalry, sure, but that's their business.

"It happened when he was 14. That's when I first felt that he really could be very good indeed," says Viktor. "Partly this was because of his attitude – right at the start, he was very professional. And I notice it now even more. He just does everything right.

GAME, SET AND STATS



NOVAK DJOKOVIC

COUNTRY SERBIA

AGE 28 • HEIGHT 1.85m • WEIGHT 80kg

- SINGLES TITLES 53 • PRIZE MONEY US\$78.4 million
- TOP WINNING STREAK 43 matches • CONSECUTIVE GRAND SLAMS WON 3 • POINTS WON ON FIRST SERVE 64% • RETURN GAMES WON 36%
- LONGEST MATCH versus Rafael Nadal (353 minutes), won

TO BE THE BEST, YOU HAVE TO BEAT THE BEST. ROGER FEDERER MAY HAVE HAD A HEAD START, BUT NOVAK DJOKOVIC IS CATCHING UP FAST.



ROGER FEDERER



COUNTRY **SWITZERLAND**

AGE 33 • HEIGHT 1.83m • WEIGHT 85kg

• SINGLES TITLES 85 • PRIZE MONEY US\$90.2 million

• TOP WINNING STREAK 41 matches

• CONSECUTIVE GRAND SLAMS WON 3 • POINTS

WON ON FIRST SERVE 63% • RETURN GAMES WON

33% • LONGEST MATCH versus Rafael Nadal (305 minutes), lost

GRAND SLAM FLEXIBILITY

Let mobility expert Peter Parasiliti stretch your potential.

1



► HIP FLEXOR ROLL

120 seconds each leg

True flexibility comes from opening your hip flexors to unlock hidden strength in your glutes – the key to speed and power. Lie face down with the foam roller at the top of your quad, then roll back and forth about 10cm, slowly.

2



► IT BAND ROLL

120 seconds each leg

Tight iliotibial bands lead to the misalignment of joints and muscle fibres. In a side plank, position your hip on the roller, crossing your other leg over with heel flat, and target the area between your hip and knee.

3



► ACHILLES ROLL

120 seconds each leg

With hands behind you, roll back and forth over the bottom of your calves to loosen your Achilles. Tightness in this tendon not only leads to nasty injuries, it restricts the range of movement all the way up your leg.

4

► HIP FLEXOR STRETCH

120 seconds each leg

This stretch is the final stage of finding the hip-flexor mobility needed to unlock your glutes. Ditch the roller and drop into a lunge, touching your knee to the floor. Repeat daily for Grand Slam flexibility and power.





Everything. It's not about practising for hours and hours; it's about practising right.

"He works on details: massage, strength, training, diet. He has a good, dedicated team and he can put all these things together to win the big titles."

And it's not just his friends who speak so highly of him, but his ATP tour rivals, too. "He has the best fitness on the tour," David Ferrer says, with the kind of honesty you wouldn't normally expect from a regular opponent. David is 33, with 24 career titles and a highest ranking of No. 3. He has beaten Novak five times and suffered 15 defeats, saying modestly: "To beat him, I need to have a very good day while he has a bad day. Six years ago, he was not so strong."

No, he was not. Six years ago, when Roger was unplayable, and Rafael unbeatable, Novak was a

respectable world No. 3. Winning matches, yes – and winning tournaments, too – but still some ways behind the top two. To make the step up, he'd need to make big changes, fast.

There were two major changes that affected his career trajectory and, naturally, they're closely related. The first was a playing breakthrough. It came as Serbia won the Davis Cup in 2010 with Novak and Viktor playing their guts out. For Novak, it was a new start: the first time he was really able to think of himself as the best in the world. The next year, he won three of the four Slams.

The second was all about pizzas and pancakes. These were the great food-loves of his life, not least because his parents own a restaurant specialising in both. He was never fat, of course, but he had a tendency to suffer when deep into a five-setter.

Novak hasn't just developed the physicality to outrun rivals, but the mental edge to outlast them.

There was a time when his level of play would fall away. His comeback ability, as displayed against Andy earlier this year, was practically nonexistent. He was regarded as a bit of a hypochondriac, a bit lacking in mental toughness, altogether too ready to blame a phantom injury for his own failings.

Novak would suffer from symptoms of asthma, which brought distress and panic at the most important stage of a match. Dr Igor Cetojevic switched on the TV one afternoon and watched him suffer.

"Even from watching him on TV, I could see that some

digestive issue was the root cause of his difficulty breathing," he says. Dr Cetojevic, a Serb like Novak, has trained in biofeedback and traditional Chinese medicine. His wife persuaded him to contact Novak and they met during a Davis Cup tie in 2010.

Dr Cetojevic checked him over and found that his suspicions were right. Crucially, Novak accepted his conclusions. "By identifying his sensitivity to gluten and lactose, he took the necessary steps. By eliminating dairy and most meat from his diet, his 'asthma' disappeared. Without this handicap, he had an exceptional season, culminating in his victory at Wimbledon in 2011, and he became the No. 1 player in the world."

Dr Cetojevic also brought superfoods into his diet: fresh berries loaded with antioxidants to aid muscle

recovery; a daily dose of ligament-strengthening oily fish to improve immunity and combat mid-tournament delayed onset muscle soreness; and plenty of easily digested sea algae to enhance cognitive function and alertness during lengthy rallies.

"I taught him to avoid drinking cold water because it compromised digestion. Plenty of room-temperature spring water is much better."

This is the kind of detail that people at the very sharp end of sports love. These are the 1-percenters; the marginal gains. The idea is to get every possible thing on your side.

Novak took this concept on and now lives it.

ABANDON ALL YOUR REST DAYS

Richard Evans is the doyen of tennis writers and broadcasters. He first covered Wimbledon in 1960. He remembers Roy Emerson as a seriously fit athlete. Roy won 12 Grand Slam singles titles between 1961 and 1967, and was one of the greatest players of all time.

"He was as fit a player as you could find back then. He liked to drink a few beers during the evening, but he would always run them off. He was remarkably fit – and yet that was nothing to what players do now."

There's a story of John McEnroe being asked what he did to keep fit. He was baffled: "I play tennis," he said. So he did, and he could play a point better than any point had ever been played, using his on-court insight and intelligence. But these days, that wouldn't be enough.

It becomes clear, then, that being a sporting champion is not just about being good at sports. It is a lifestyle choice, a 24/7/365 thing. These days, you can't have a few beers, run

them off, then win a Grand Slam. Like being a saint, every aspect of your waking and sleeping life must be devoted to a greater cause.

Novak brings that principle to something close to its logical extreme. Preparation is no longer separate from real life; it's one and the same thing.

Martina Navratilova was the first to reinvent championship tennis as a 24/7 lifestyle, and it gave her an edge that took her to 18 Grand Slam singles titles. Asked the difference between herself and the other players, she explained that where the other players had involvement, she had commitment.

"It's like ham and eggs. The chicken's involved. But the pig's committed."

She laughs when reminded of this. "Novak's a pig all right," she says. "He understands what to do. Sleep, food, drink – it's all as important as tennis."

"And Novak is head and shoulders above the rest, the way he lives that attitude. He's a pro's pro. Perhaps that's why he doesn't get quite as much love as he should."

Novak exemplifies the tennis-as-lifestyle concept that Martina pioneered.

"I turned off the head," she says. "But I never turned off the body."

And that's a fair summary of what Novak does: understanding the essential need for mental downtime, but never at the expense of his physical preparation. A nice evening and a few jokes, great. But never at the cost of a single 1-percent advantage.

IRON OUT YOUR WEAKNESSES

It's not, then, that Novak is just fitter than everybody else. He has more of everything than anybody else. Richard says: "If you were to build a perfect tennis player from scratch, you'd end up with Novak."

"He's tall, 1.85m, but not too tall. He is strong, but not muscle-bound."

"He's astonishingly flexible – he can play a shot while doing the splits. He's an amazing physical specimen. And once he got over his breathing problems, he improved still further."

"He doesn't have one colossal shot, like Rafael's forehand, but he has no weakness. None."

"He may not have a 10 in his repertoire, but he's got no fours. It's all eights and nines."

And perhaps crucially, he has great intelligence."

The secret ingredient is obvious then: Everything. Good genes, good physique, natural gifts and purposeful development of them, the acceptance of sports as a lifestyle, the constant enhancement of your abilities, coupled with a good mind and brutal determination – and all set off with a sense of humour.

It's an ingredients list that has made him supreme in his sport – and perhaps supreme across all the major sports.

For a tennis player, though a specialist when it comes to striking a ball, must also be a generalist in every other category of fitness.

He must be strong, fast, precise, flexible, resilient, capable of going on forever and capable of thinking with perfect clarity at the most challenging moments. Novak has made himself a champion of champions.

Turn off the head, but never turn off the body. Novak takes that maxim a step further. Keep that sense of humour during training. But being a champion is a serious business.

EAT LIKE A CHAMPION

NOVAK DJOKOVIC'S DIETITIAN, DR IGOR CETOJEVIC, SERVES UP ADVANTAGE.



► ACE BREAKFAST

"I was shocked at what Novak used to eat for breakfast: toast, jam, sugary cereals. It was like putting diesel into a Ferrari. So, always start the day with muscle-regenerating eggs, and whip up fresh berries, goji berries and spirulina for an energising antioxidant cocktail."



► PREP LIGHT

"Avoid heavy food before playing. Your body will use more energy on digestion and have less available to power your muscles and brain. People like to carb load, but I recommend a light meal of fish and vegetables, at least two hours before a match."



► TABLE SERVICE

"When you sit and focus on a meal, your body begins the digestive process. It sounds like a minor detail, but I guarantee you it'll be impossible to perform at your maximum potential without it."

NEW

THE FITTEST
WOMEN ON
Instagram

SHAPE UP, ANYWHERE, ANYTIME

GLOBETROTTING ACTRESS
ELIZABETH LAZAN SHARES HER
WORKOUT TRICKS FOR THE BUSY MAN.

If, like Elizabeth Lazan, you're always on the move, the excuses come easy. Harder still is to find the training intensity required for the body you want.

Her solution? Make training fit with your lifestyle.

"I'd always go for a brisk walk before every event, shoot or meeting," says the 31-year-old performing artiste, who shuttles between Singapore and Los Angeles. "I'll put on my sports shoes, even if it means waking up at three in the morning – trust me, I'd rather stay in bed, too – and go for a 30-minute walk at a steady pace around the neighbourhood. It's an invigorating way to gather your thoughts and start the day."

Of course, there's more to her fitness routine. "I schedule three runs a week," says Elizabeth, whose work in Singapore is managed by Fly Entertainment. "And when in LA, I go for hikes at the hilly park near where I live, while in Singapore I do interval training at a boutique gym."

Keeping an eye on new ways to train has also paid off for Elizabeth, who was nominated Best Supporting Actress at this year's *Life!* Theatre Awards. "I've just started training in Shaolin wushu, which landed me a supporting role on a Discovery TV show playing a Chinese warrior. I've learnt fight choreography and stage combat before, but this was my first time performing martial arts on screen."

Granted, her desire to keep fit could be a consequence of her being a student athlete.

"Back in the day, I was part of the school team for badminton, touch rugby, track and field, and cheerleading. I also used to dance ballet, and even thought of becoming a ballerina."

Nonetheless, what has shaped her career – and would for yours, too – is an appreciation of good health. "As an actor, I have to be healthy because my working hours are unpredictable," she says. "Plus, I travel a lot, so fitness is a necessity."

So, here's what she has for you: A simple workout sure to make you feel the burn – without the burn-out.



USERNAME

▶ @lizlazan

OCCUPATION

▶ Actress and host

FOLLOWERS

▶ 3,644

SPECIALTY

▶ Gym-free moves

GYM-FREE MUSCLE-UP

WORK UP A SWEAT WITH ELIZABETH'S MINI-CIRCUIT USING ONLY YOUR BODY WEIGHT AND 10 MINUTES OF YOUR TIME.



01 STRAIGHT-ARM PLANK

► Get in a push-up position. Elizabeth holds this pose for 50 seconds during kung fu training – that's your goal. Start with a 30-second plank. Make sure your back is straight, and tense your abs and glutes. Hold without allowing your hips to sag. Rest for 30 seconds, and then repeat two more times.



02 BOUNCE LUNGE

► Get into a lunge position with your right foot forward, knees bent 90 degrees, and right hand resting on a chair for support. With your back straight and right foot flat on the floor, do 20 small "bounces" – you should feel the burn in your quads and glutes. Rest 10 seconds, then switch sides, and repeat. Do two rounds for each side.



03 ARM-RAISED SIDE PLANK

► Lie on your right side with your feet together and knees straight. Prop your upper body up and take its weight on your right arm, palms flat on the floor. Brace your core, and raise your left arm and hips until your body forms a straight line. Hold this pose for 20 to 30 seconds. Then rest for 10 seconds, and roll over to repeat on the other side. And then do two more rounds.



04 TWISTING CRUNCHES

► Lie on your back with your knees bent and feet flat on the floor. Cup your hands around your ears, and contract your abs to lift your shoulders off the floor. Rotate your body to bring your right elbow towards your left knee, and then your left elbow to your right knee – do this nine more times before slowly lowering. Rest and then do 2 rounds of that.



VIDEO Pop behind the scenes with Elizabeth in our digital edition. Download *Men's Health Singapore* now on Magzter or Apple Newsstand.

ROTATE YOUR SIX-PACK ROUTINE

BY USING AN MMA TRAINING TECHNIQUE, YOU CAN CHOKE OUT FLAB IN NO TIME. THE TRIANGLE HEADSTAND WILL HELP YOU RESHAPE YOUR CORE TO KEEP YOU FIGHTING FIT, WHATEVER YOUR DISCIPLINE.

F

or those of you whose six-pack development is going so swimmingly that you're currently holding a plank while flicking through this

mag, you might just need a new challenge. Part broga move, part mixed martial arts warm-up, the triangle headstand is a full-body workout that will have your abs tapping out long before the session is up. It's a test of your core stabilisers. And in mastering the move, you'll also strengthen the muscles in your neck, while working the erectors that protect your spine during exertion. This means an injury-proof back, ringside or poolside. Looking to add some heavyweight muscle? You also get a shoulder workout worthy of any barbell complex as your delts go all out to support you. "Face down, ass up" is your new gym mantra.

WHAT YOU'LL GAIN

- A knockout six-pack
- Yogi-esque balance
- Reinforced back and shoulders
- A new party trick



1/ SET UP

► Practise next to a wall at first. Kneel on a gym mat, with your forearms on the floor in a triangle shape, fingers interlocked.



2/ FACE DOWN

► Easy? Get ready to turn it up. Place the crown of your head between your arms. "Walk" in as far as you can, so you finish on tiptoes.

3/ ASS UP

► Shift onto your arms as your feet leave the floor one at a time. Push your arms into the ground, bend at the knees and tense your core.



4/ STEADY ON

► You're on the home straight: Slowly extend your legs. Hold the position for 10 breaths. Reverse the process to return to solid ground.

MIND OVER BODY

A DOCTOR'S STARK WARNING FORCED CHANG WANG TO OVERHAUL HIS LIFESTYLE HABITS.

THE SETBACK

In his mid-20s, Chang Wang weighed almost 100kg and loved his food. "I would eat at buffet joints for around three hours," says the now 40-year-old marketing manager. "And I enjoyed fast food and soft drinks." He knew he was fat, but he wasn't too bothered by it.

THE WAKE-UP CALL

Woeful eating habits as well as smoking took a toll on Chang's health. "I felt a severe pain in my abdominal region one day, so I decided to have a medical check-up," he recalls. "The pain was caused by kidney stones due to my diet and lack of water." The doctor also warned that Chang had high blood pressure. "I knew I had to do something," he says. "I was suffering."

THE PLAN

Initially, Chang was clueless about shedding kilos the right way. "I had a plan, but it wasn't detailed," he recalls. "I tried to run four to five times a week, 3km to 5km each time. As time progressed, I increased the distance and did some weightlifting."

"The struggles are real and you

"ONLY WITH A PERSONAL CONVICTION CAN YOU EXACT CHANGE."

will feel like giving up in the first three months. But you've got to endure because changes will come."

FITNESS

The simple weekly plan soon became more detailed after a fellow gym-goer gave him advice. "Each workout session became two hours," Chang says. "I'll combine various weightlifting techniques – which I'll do for an hour – with cardio in the second half and a 15-minute cool-down session in between."

According to him, it's important to lift weights and not lose muscle during weight loss. "You've got to eat to fuel your body," he asserts. "Skipping meals is not good."

FOOD

"I try to take four or five small meals a day – like fish, vegetables and chicken," says Chang. "I also avoid fried rice and noodles when I dine outside."

THE REWARD

One of the notable side effects from Chang's weight loss is his turning into an inspirational figure for others. "I have friends who now want to lose weight because of me," he laughs.

"What I've realised is that only with a personal conviction and desire will you be able to change. And, of course, I can try on more clothes now, too!"



NAME
CHANG WANG

PREVIOUS WEIGHT

96KG

CURRENT WEIGHT

72KG

OCCUPATION
MARKETING MANAGER

HEIGHT
1.72M

TIME TAKEN
8 MONTHS

WHAT'S YOUR STORY?

This month's Belly-off! guy wins a Columbia Willodale worth \$127.30! Stand to win attractive prizes when you join the Belly-off! Club and get featured. Tell us what you weighed then and now, what made you decide to shed the bulge, and what you did to lose it. Include your "before" and "after" photos. E-mail: menshealthsg.bellyoffclub@gmail.com.



SOLVE THE CALORIE EQUATION

A

300-calorie doughnut is not the same as a 300-calorie chicken thigh. But you knew that, right? Of course you did.

Doughnuts spike blood sugar and leave you hungry, while chicken provides tons of muscle-building, hunger-fighting protein. Yet outside of fitness magazines and Crossfit boxes, nutrition conversations rarely go deeper than calories.

Calories are posted on restaurant menus and stamped on packaged foods. They're ticking away on fitness trackers

and adding up in smartphone apps. They're like the Kardashians of nutrition – confusing and overrated, yet completely inescapable. And every time you see them, you're probably being fed misinformation.

Take nutrition labels: When it comes to calories, those labels can be misleading. Why? Because they presume all calories are the same. In fact, your body handles calories differently depending on their source. As for

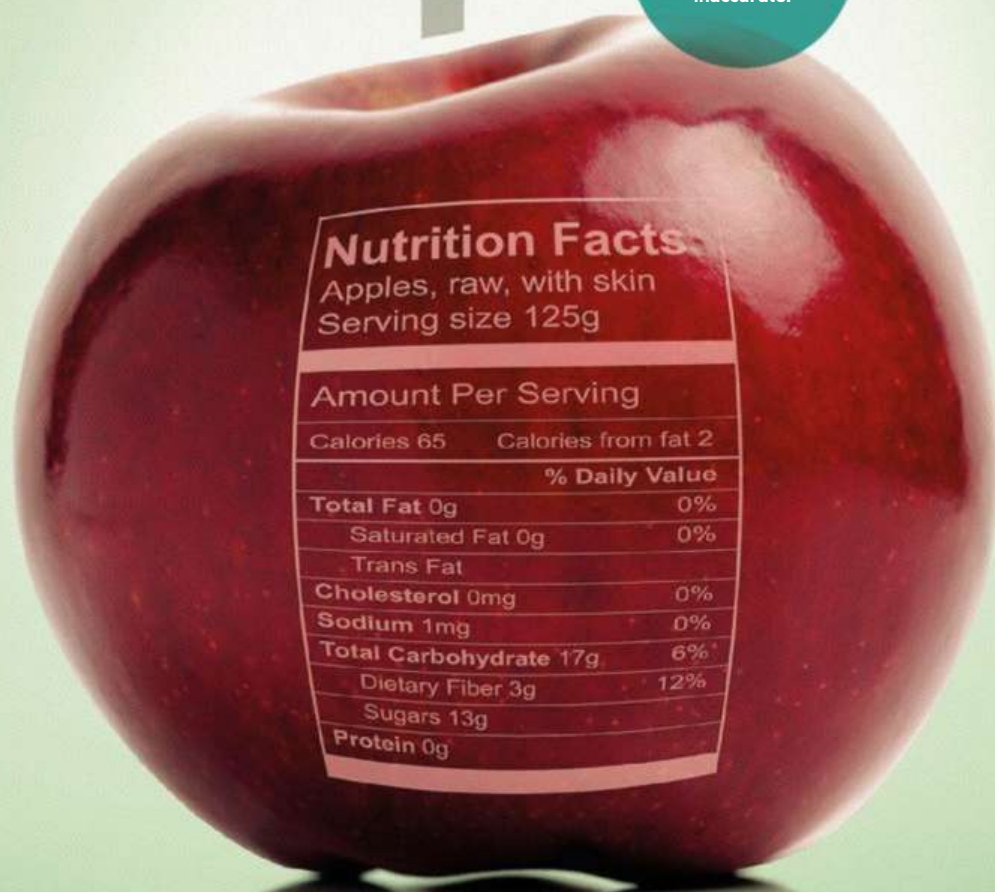
exercise and lifestyle, studies show that fitness trackers don't always count calories correctly, that the gym may not be the best place to burn them, and that those late nights at the office (and lack of sleep afterwards) can

pad your waist more than your wallet.

We'd bet there are at least six things you don't know about calories – and that lack of knowledge could be weighing you down. It's time to make the maths less fuzzy.

?

When it comes to calories, nutrition labels can be misleading and inaccurate.



TEXT CLINT CARTER PHOTO 123RF

1 YOUR FITNESS TRACKER HAS A COUNTING PROBLEM

In a 2014 American study, scientists asked 60 people to strap on one of eight different fitness trackers and then complete an hour-long workout. Afterwards, they compared each tracker's results to the participant's total oxygen consumption – a trusted measure of calorie burn. The verdict? Every tracker they tested was off by 9 to 23 percent.

→ **Use your phone** Researchers at the University of Pennsylvania in the US found that apps like Moves and Health Mate showed less variability than wearable devices when tallying step counts, which is what most calorie estimators use to calculate how much you burn.

2 "NUTRITION FACTS" LABELS ARE FAR FROM ACCURATE

The calorie stats on packaged foods are based on a 100-year-old formula and can be up to 25 percent off, says Rachel Carmody, a postdoctoral fellow at Harvard University. The true caloric content of a food may be lower than what's on its label, thanks to its "thermic effect" (that is, the energy required to digest it). How much lower depends on how your body works to process it.

→ **Eat more protein** Meats and vegetables make your metabolism burn hottest, delivering 20 to 30 percent fewer calories into your system than more-easily digested simple carbs like pasta and ice cream. Limit simple carbs to less than 10 percent of your total intake.

3 ANTIBIOTICS MIGHT INFLATE YOUR CALORIE INTAKE

We're not talking about what your doctor prescribes. We're referring to what you buy from the butcher. Preliminary research shows that the 15 million kilos of antibiotics given to livestock each year can skew the balance of bacteria in your gut, nurturing a microbiome that's more efficient at pulling calories from food and shuttling them into your body, says Rachel.

→ **Go organic** In addition to eating antibiotic-free meat, dairy and fish, stock up on vegetables and wholegrains. "A fibre-rich diet nurtures microbes that aren't as efficient at extracting energy," she says. If you're trying to lose weight, that's a good thing.

4 THE PROCESSING OF FOOD UNLOCKS MORE CALORIES

You already know that a Twinkie is a caloric nightmare. But any kind of processing – including juicing, grinding, milling and cooking – breaks food down, rupturing cell walls and reducing the energy required for digestion.

"Not only does processing make it easier to extract calories, but also fewer of them are excreted," says Rachel. The result is more calories entering your body and staying there.

→ **Stock up on foods** More than 75 percent of the calories Americans eat are from moderately or highly processed foods. Only 23 percent come from the whole or minimally processed kinds. Your goal: Reverse the ratio. Focus on single-ingredient foods, like fish and fruit.

5 YOU CAN BURN MORE CALORIES OUTSIDE THE GYM

If you're a 80kg guy, your vigorous 30-minute strength workout will burn about 245 calories. That's good – but it's still only a fraction of what you burn each day through non-exercise activity thermogenesis. Indeed, the cumulative calorie burn of everyday pursuits like brushing your teeth and playing pool after work with your pals is far greater than anything you can hope to achieve at the gym.

→ **Stop sitting around** "You have the ability to increase your burn by as much as 1,000 calories a day by spending more time in motion," says Dr James Levine, a professor of medicine at the Mayo Clinic in the US. Read *Boost Your Burn* for six ways to do just that.

6 SKIPPING SLEEP MAKES YOU A CALORIE VACUUM

In a US study, people who were restricted to five hours of sleep a night consumed 6 percent more calories a day. That alone was enough to pack on 1kg over a five-day period. And according to study author Kenneth Wright, sleep-deprived people are also more likely to binge on carbs and high-calorie snacks after dinner – habits linked to weight gain.

→ **Hypnotise yourself** When you hit the sack, imagine yourself nailing 50 free throws or repeatedly teeing off on your favourite par-3. "Visualisation reduces anxiety and lets your brain's sleep mechanism engage," says *Men's Health* sleep advisor Dr W. Christopher Winter.

BOOST YOUR BURN

Six gym-free ways to torch nearly 700 more calories every day.

303

Biking to work for 40 minutes instead of driving for 20 minutes.

+ 82

Joining a 30-minute conference call by cell and walking instead of staying put at your desk.

+ 29

Delivering 15 messages in person rather than by e-mail.

+ 70

Sacrificing a half hour of Internet surfing to walk the dog.

+ 123

Trading 45 minutes of watching TV to help tidy up the house.

+ 50

Getting busy with your wife for 20 minutes before going to bed.

EXTRA CALORIES BURNED

657

Calculations are for an 80kg man.

LIGHTNING GREENS

THESE FOUR SPEEDY SALADS WILL HELP YOU MEET YOUR DAILY VEG QUOTA.

CAPRESE WITH BALLS

► In a small bowl, combine a pint of cherry tomatoes with a handful of fresh mozzarella pearls and thinly sliced basil leaves. Drizzle with olive oil and balsamic vinegar. Season with smoked sea salt and freshly ground pepper. Serve with grilled chicken or steak.

SALTY-SWEET CITRUS SALAD

► Cut an orange and a small fennel bulb into thin slices. Alternate them on a serving plate and throw in two handfuls of chopped green olives and some finely chopped red onion. Drizzle with olive oil, and season with salt and pepper. Top with fennel fronds, if you want to be fancy.

COOL CUKES

► Cut a peeled cucumber into coins, and toss them with a thinly sliced sweet onion, a handful of chopped dill and a splash of white wine vinegar. Add sour cream, salt and pepper. Eat it as it is, or if you have a little extra time, chill the salad and serve it cold.

JICAMA MANGO SALAD

► Peel a big semi-ripe mango and a small jicama bulb. Cut them into matchsticks. Mix them with the juice of half a lime, a blast of ground cayenne, and salt and pepper. Garnish with cilantro and chopped peanuts. Try the salad on grilled fish or shrimp. It'll even work with tacos.



Get a vitamin C boost with the Salty-sweet Citrus Salad.

WORLD'S MOST DANGEROUS SALAD

Your greens can be more fattening than you realise.

► A chef's salad is a meal – and a big one. Topped with turkey, roast beef, ham, cheese, a hard-boiled egg and a few olives, what most health-conscious people

order as an exercise in restraint is really an act of indulgence. The average chef's salad has about a thousand calories – and that's in the nude. Dress it up in a

five-tablespoon suit of Russian, blue cheese or Italian and you're looking at 1,400 total calories – a figure that dwarfs a lot of full-course meals.



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TOP OFF YOUR MORNING

WHAT YOU EAT BEFORE AN EARLY RUN CAN MAKE OR BREAK YOUR WORKOUT.

Y

ou may not love getting up early, but mornings are often the best time to run – especially

during the hottest months. And since races usually start in the morning, most runners have to run early, at least once in a while.

But it can be hard to fuel up properly. Pack in too much and you'll risk stomach problems. Eat too little and you could bonk a few kilometres in.

"You've been fasting and dehydrating all night," says Kate Davis, an American sports dietitian. "It's important to find some way to replenish before doing anything that requires a lot of energy."

How exactly you do that depends on a few things: how much time you have, how long you plan to run, and how well you tolerate exercising on a full (or partially full) tank.

That last one you'll have to figure out through a bit of trial and error. For the first two, use these rules as your guide.



If you're planning a 40km run, you want at least an hour to fuel up and settle your stomach.

YOU HAVE ABOUT 30 MINUTES BEFORE YOU RUN

Snoozed through your alarm? Before heading out the door, eat about 25g of carbs, says Kate. Try a small banana, a serving of dry cereal, or even a Jell-O cup. Any more than that and some runners will risk gastrointestinal distress. "Think of it as a pre-workout snack," she adds. "If you're running for less than an hour, this plus water is probably all you'll need."

For longer runs, try to wake up a bit earlier. "If you're planning a 40km run, you want at least an hour to fuel up, use the bathroom and settle your stomach," says Leslie Bonci, director of sports nutrition at the

University of Pittsburgh Medical Center in the US and co-author of *Run Your Butt Off*.

If that doesn't happen, don't cram in a larger meal. Instead, have that same pre-workout snack, and supplement it with a sports drink, gel or gummies every 30 to 45 minutes mid-run. "It's best to start with a manageable amount," says Leslie, "and refuel as you burn through that."

YOU HAVE ABOUT 60 MINUTES BEFORE YOU RUN

Now's the time to fill up with a more substantial breakfast containing about 50g of carbohydrates and about 300 to 400 calories. "With that much time to kill

beforehand, you're bound to get hungry early in your run if you don't eat something substantial," says Kate.

Aim for a fist-size serving of food, says Leslie. Carbs are still key, especially for shorter runs; toast with honey or jam, a pancake or waffle, or a bowl of oatmeal are all safe bets.

If you're fuelling for a longer run, though, adding protein – like two tablespoons of peanut butter, a glass of milk or a hardboiled egg – will help sustain your energy.

Think beyond typical breakfast foods, too: "I know runners who have great success with cold pizza or warmed-up rice with chicken broth or soya sauce in the mornings," says Leslie.

POWER UP



Liquid Carbs

"You can get the pre-run carbs you need from liquid sources," says Leslie. "Juice, sports drink, or even Jell-O can be great." Or try a nutritional shake for quick energy.



A Serving of Cereal

A $\frac{3}{4}$ cup serving of Wheaties provides 22g of carbs and just 3g of fibre.

"Choose cereal with 5g of fibre or less," says Tara Gidus, nutritionist for the Run Disney race series. And skip the milk if you're going to start running in 30 minutes or sooner.



Peanut Butter and Banana Sandwich

"You don't want a huge amount of bread weighing you down, but two pieces of toast or half a bagel paired with some protein should work well," says Kate.



Energy Bar

Don't want to cook? Look for bars with about 50g of carbs, 5g to 10g of protein, and less than 5g of fibre, says Tara.



One Serving of Fruit

Bananas – high in potassium and low in fibre – are good standbys. A small one provides around 23g of carbs – perfect just before a run. An apple or a handful of blueberries works well, too.



Oatmeal with...

bacon! A cup and a half of oatmeal packs 48g of carbs – perfect when you've got plenty of time to digest. For a protein boost, add half a slice of bacon or a thin slice or two of ham. In small amounts and with time to digest, these higher-fat toppings can work, says Leslie.

A.M. FAQs

Your morning run questions answered.

WHAT SHOULD I DRINK?

As soon as you get up, drink 240ml to 480ml of water. "Not only does your body really need that rehydration," says Kate, "but drinking water will also help

wake you up and get your digestion moving." It may even whet your appetite and encourage you to eat.

MUST I EAT SOMETHING?

If you're running easy

for 45 minutes or less, water may be enough. "Some research suggests running after fasting may improve fat burning," says Kate. For anything longer or more intense, you need carbs to burn.

Otherwise, says Leslie, your body may break down muscle for fuel.

WHAT ABOUT FUELLING UP THE NIGHT BEFORE?

Carb-loading the night before a big run

will give you a little extra fuel in your tank, but not enough to skip breakfast. "Overnight, most of those calories will be burned or stored as fat, so you'll still be low on fuel the next morning," says Tara.



1 SOLEUS THRIVE

► \$213 (with GST),
www.soleus
running.com

Keep track of how many calories you've burned with this sleek and unobtrusive activity tracker. Incorporated with an optic heart rate monitor, the wearer can fine-tune his workout to ensure that he's exercising optimally within the heart rate zone. This is especially useful for those with health conditions. Fitness targets can also be set and then transmitted to your mobile device via Bluetooth.

ELEVATE YOUR WORKOUT

THESE ITEMS ARE YOUR BEST
BETS TO TRAIN HARDER AND
SMARTER.



3 UNDER ARMOUR HEATGEAR ARMOURVENT SHORT SLEEVE COMPRESSION T-SHIRT

► \$69, www.
underarmour.com.sg

Engineered to be one of your training gear must-haves,

2 ADIDAS CLIMACOOL ANTI- PERSPIRANT SPRAY

► \$8.50, www.
adidas.com.sg



This nifty spray will keep you dry and comfortable no matter how hard you work out. Its active formula – containing fresh capsules that burst when activated by movement and humidity – invigorates and

freshens you up. This charge of fragrance is generated by the contrast between the free oils within and the citrus fragrance released – offering a 48-hour wetness and odour control.

this top features the brand's key Heatgear and Armourvent technology – meant to increase breathability and enhance ventilation. An updated version from the latest Fall/Winter collection spots a

new performance flex panel that maximizes mobility and relieves both chafing and abrasion. Its compression fit holds your muscles so they vibrate less, giving you less fatigue and more power.

A message to The Man-in-charge



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TO SUCCESS



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1

1/BILLY JEALOUSY SIX-PACK SLIMMING SOLUTION

\$77, www.whathewants.com.sg

► This restorative cream helps your lymphatic system detoxify your body and destroy fat. The presence of caffeine also helps in lipolysis (breakdown of fat).

2/SWISSOATS A111 FOR HIM

\$89.90, www.swissoats.com

► This all-natural dietary supplement helps to revitalise your mind and body - by freeing up testosterone and relieving andropausal symptoms. It also enhances blood circulation.

3/POMI-T

\$49.90, www.pomi-t.sg

► Boost your daily intake of polyphenols with capsules that are packed with a blend of super foods. Each capsule contains natural ingredients such as pomegranates, which provide antioxidant properties.

4/ISAGENIX ISALEAN PRO SHAKE

\$84, www.isagenix.com

► Whether you're looking to gain muscle or simply to stay lean, this meal replacement shake is formulated to provide a balance of high-quality protein, healthy fats and energy-boosting carbohydrates.



3



2



5



4



**5/ISAGENIX
ISALEAN BARS**

\$53.50, www.isagenix.com

► These bars are packed with high-quality undenatured whey protein, together with healthy fats and energy-boosting carbs. It's your complete, low-glycaemic meal replacement bar that contains only 260 calories.

**6/REMINGTON SMART
EDGE PRO XF8700**

\$219, www.massmark.com.sg

► This advanced foil shaver features a cutting system that delivers one of the closest ever one-pass shave. You can even shave in the shower due to the machine's waterproof Wettech design, which also works with gel, foam or even on its own.

**7/REMINGTON
TRAVEL DRYER 1400**

\$25, www.massmark.com.sg

► No towel to dry your crop? The next best bet is this. With two heat/speed settings, this dryer even comes with a concentrator nozzle for precision styling. Its handle can even be folded for ease of storage.



**8/ADIDAS
ULTRA BOOST**

\$289, www.adidas.com/ultraboost

► Touted to provide the highest energy return cushioning in the running industry, this shoe has removed the traditional Eva midsole for more direct contact. It also lends superior support and adaptive comfort to runners via the updated Primeknit technology.

**9/ADIDAS
CLIMACHILL**

\$59, <http://shop.adidas.com.sg>

► The brand's new apparel is made to help wearers thrive in Singapore's heat and humidity, employing industry-first 3D aluminium-cooling spheres to provide an instant cooling sensation upon contact.

**10/LAB SERIES
MULTI-ACTION
FACE WASH**

\$41, www.labseries.com.sg

► This super-foaming cleanser will help to exfoliate and clean up your mug. Dead skin cells are removed by special purifying beads that eliminate impurities and improve the clarity and smoothness of your skin.



VIDEO In our digital edition, find out more about the gear that made the *Men's Health* locker this month. Download *Men's Health* Singapore now on Magzter or Apple Newsstand.

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- 1 Head over to the *Men's Health* locker.
- 2 Take a selfie with the locker.
- 3 Post on Instagram with the hashtag **#mhlocker** and tell us which are your three favourite items.
- 4 The top three posts with the most number of likes win! An additional prize will also be given each week.

For more information about the *Men's Health* locker, check out www.menshealth.com.sg/mhlocker

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1 ADIDAS ULTRA BOOST

\$289, AVAILABLE AT ADIDAS BRAND CONCEPT STORES, SHOP.ADIDAS.COM.SG

Touted to provide the highest “energy return” cushioning in the running industry, the traditional Eva midsole has been removed from this trainer for more direct contact. There’s also an elastic, snug-fitting heel with external heel counter for natural Achilles movement. The updated Primeknit technology and Stretch Web outsole stretch to your foot strike, lending superior support and adaptive comfort to runners. This is crucial, since a runner’s foot can expand up to 10mm or more in width during a run.

2 UNDER ARMOUR SPEED-FORM GEMINI

\$219, AVAILABLE AT UNDER ARMOUR BRAND HOUSES, WWW.UNDERARMOUR.COM.SG

If you want your foot to feel snug, this shoe’s got a moulded seamless heel cup with foam collar – the secret to its locked-in, anatomical fit. Its ultrasonic welded seams also help to eliminate chafing and abrasion, allowing the wearer to focus on the run and not get distracted. The brand’s trademark Charged Cushioning technology delivers impact protection, while its blown rubber outsole with a carbon rubber heel ensures durability and enables a lightweight performance.



3 ASICS GEL-NIMBUS 17 LITE-SHOW

\$239, AVAILABLE AT ASICS STORES, WWW.AZSICS.COM.SG

Due to the all-over reflective upper and graphic print detail, this special edition shoe will turn heads both day and night. Neutral runners can also feel more confident in low-light conditions. The enhanced Fluidfit upper utilises engineered mesh to conform to your foot’s movement, with the presence of seamless overlays meant to reduce irritation as you run. Its midsole has also been updated with increased cushioning and reduced weight.



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TALKSHOP

PRODUCTS PROMOTIONS EVENTS

ASICS The **Gel-Nimbus 17** will prove useful not only for neutral runners but also endurance athletes with its premium cushioning and design features. The shoe's upper is made seamless, allowing for a better stretch to accommodate multiple foot widths. Coupled with a new heel and forefoot configuration, there is lower resistance and surface tension while you're running, creating less muscle fatigue. In addition, the midsole is made from a new foam material that significantly lightens the shoe. **\$239, available at Asics stores and selected authorised retailers.**



LAB SERIES The **Age Rescue + Face Lotion Plus Ginseng** is a daily age-fighting moisturiser that features high-tech formulas to help repair and renew the appearance of the dermis. A unique double-peptide blend supports the skin's natural collagen production, while the energising benefits of ginseng will help the dermis recover faster for a revitalised appearance. **\$82, available at Lab Series counters and major department stores.**

EDOX To celebrate the golden jubilee of the Swiss brand's iconic Hydro-sub – first launched in 1965 – it has unveiled the **Hydro-sub Automatic 50th Anniversary Limited Edition**. This ticker has set new standards for ultra-deep-dive timekeeping, and was used by freediver Christian Redl during his successful ice plunge in the North Pole. The updated model spots a blue master lock, white and green markers on its dial, as well as an engraved caseback with a view of the earth from the North Pole. **\$2,490 (before GST), available at Metro The Centrepoint, Cortina Watch (Chinatown Point), Bright Time, International Watch and Vincent Watch.**



K-SWISS First released in 1989, the **Si-18 International** was a breakthrough in tennis footwear technology. Now in a series of special colourway releases and collaborations, the modern version has been built with the exact craftsmanship of the debut model, incorporating trademark Si-18 cushioning material and D-R-cinch lacing system. It also headlines the return of K-Swiss apparel and footwear, which are now available at selected World of Sports stores. **\$209, available at World of Sports Marina Bay Sands.**



REMINGTON

Bringing power shaving to another level is the **MB4850 Virtually Indestructible Beard Trimmer**. The polycarbonate casing makes it extremely durable, which explains its 10-year motor-life guarantee. Other features include titanium-coated blades and a customisable comb to suit your ideal trimming length. The trimmer can also be used cordless for 120 minutes straight with just a four-hour charge. **\$159, available at authorised retailers. For more info, call Massmark International at 6747-1102 or visit www.massmark.com.sg.**

HEX The fashion tech accessory brand has announced the release of the **Stinson Collection** – a capsule of two backpack styles and one duffel bag, each available in different novelty fabric combinations. Type of textiles used includes premium canvas, denim and wovens – all treated for water resistance. There's even Hex's signature surplus-grade cotton-web strapping and faux fur that line device pockets for laptops and tablets. **\$129 to \$179, available at Bratpack and Flight 001 stores.**



ZA MEN

The skincare brand's **Ultimate White Brightening Cleanser** is designed for Asian men who want to protect their skin from UV damage, besides other concerns such as dark spots and freckles. The creamy foam product also contains vitamin C and vitamin E energy capsules, taurine, as well as the Super Radiance Activator – a granular vitamin C known for its brightening effect. **\$9.90, available at Watsons Singapore islandwide.**

TISSOT

Part of the sporty Quickster family is the Swiss watchmaker's **Quickster Lugano**. The ticker features an uncluttered dial that's protected by scratch-resistant sapphire crystal, and is water-resistant to a pressure of 10 bar. One might also fancy the timepiece's striped nautical-inspired Nato strap, which pays tribute to Lake Lugano, a stunning glacial body of water located south of the Swiss Alps. **\$490, available at Tissot boutiques.**



TALKSHOP

PRODUCTS PROMOTIONS EVENTS

MERRELL One for the adventure buff, the **All Out Blaze Sieve** is a hybrid shoe designed for speed hiking on forest terrain. Because of its water-shedding upper and amphibious traction (durable Vibram outsole with water-channelling capabilities), the wearer can safely navigate slippery stream crossings. The incorporation of the Unifly midsole protects your feet from the terrain as well. **\$159, available at Stadium and selected Royal Sporting House stores.**



RUDY PROJECT Don't let less-than-perfect eyesight affect your performance and lifestyle. After spending years working with top athletes around the world, Rudy Project now lets you get direct prescription onto your favourite sports sunglass lens – like the **Impactrx**. Be it single vision or progressive, choose from RX direct, Flip-up, Lifestyle, Ophthalmic and S.U.F (Sports Utility Frame). **Available at Rudy Project outlets (Sixth Avenue, Thomson and Joo Chiat), www.rudyproject.com.**

TIGERAIR It's never easy to plan a holiday where the combination of flight and accommodation has to fit your budget. But what if you can find and book them all in one place? **Tigerholidays** allows you to do just that, to simultaneously search for flights to your favourite destinations (up to 37), as well as a suitable place to stay from an extensive list of hotels and resorts. That 3-day, 2-night trip to Hong Kong – while staying at the JW Marriott Hotel – can actually be fuss-free and affordable. **Book your next holiday with Tigerair at holidays.tigerair.com/home now.**



LAB SERIES Dedicated to repair and rejuvenate the modern man's dermis is the **Future Rescue Repair Serum**. Its ultra-wet formula contains a plethora of potent ingredients, such as antioxidants and extracts, that helps defend against premature ageing. The product can also strengthen the skin's protective barrier, preventing future damage to its appearance. **\$102, available at Lab Series counters and major department stores.**

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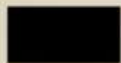
THE BEST TIPS WE COULDN'T FIT INTO THIS ISSUE



FIGHT FATIGUE WITH QIGONG

A study in the *Journal of Cancer Survivorship* recruited 40 cancer patients who suffered from high levels of fatigue for a 12-week trial, where half the group took qigong classes while the other half attended stretching ones. Dr Anita Y. Kinney from the University of New Mexico Cancer Center in the US revealed:

"Qigong participants reported significant declines in how much fatigue or distress they experienced, compared to those who participated in the stretching classes."



PUT THE BOOT ON

If you're training for a particular sport, perform plyometrics in your match-day footwear whenever possible.

Fully cushioned training shoes are all well and good, but if you can't put your preparation to use in studs, it's wasted effort. You don't get league points for being a "workout warrior."

SUN OFF FAT

THE BOSTON STATE HOSPITAL FOUND THAT EXPOSURE TO SUNLIGHT FOR 20 MINUTES CAN RAISE TESTOSTERONE LEVELS BY UP TO 120 PERCENT. THE HORMONE BUILDS MUSCLE AND BURNS FAT. SO, TIME TO SLAP ON THAT SUNSCREEN AND HEAD OUT!



BELLY, BE GONE

A recent study published in the *British Journal of Nutrition* found that people who spent 10 years on the Mediterranean diet – which is big on olive oil, nuts and fish as well as fruits and vegetables – gained less belly fat than those who didn't follow the plan.

FORGET THE BENCH

Yummy-mummy tricep dips on park benches aren't just less effective, they put you at risk of shoulder injury, too. Use some parallel bars instead. Lower until your elbows are at 90 degrees to work through a full range of motion, and boost tricep, chest and shoulder growth.

CALL FOR BAND AID

If you're a recent initiate to the calisthenics club, don't jump straight into muscle-ups or you risk injury. Break up complex moves into stages and practise individually. A resistance band turns any horizontal bar into an assisted pull-up machine. It's a whole lot less embarrassing than dislocating your shoulder.

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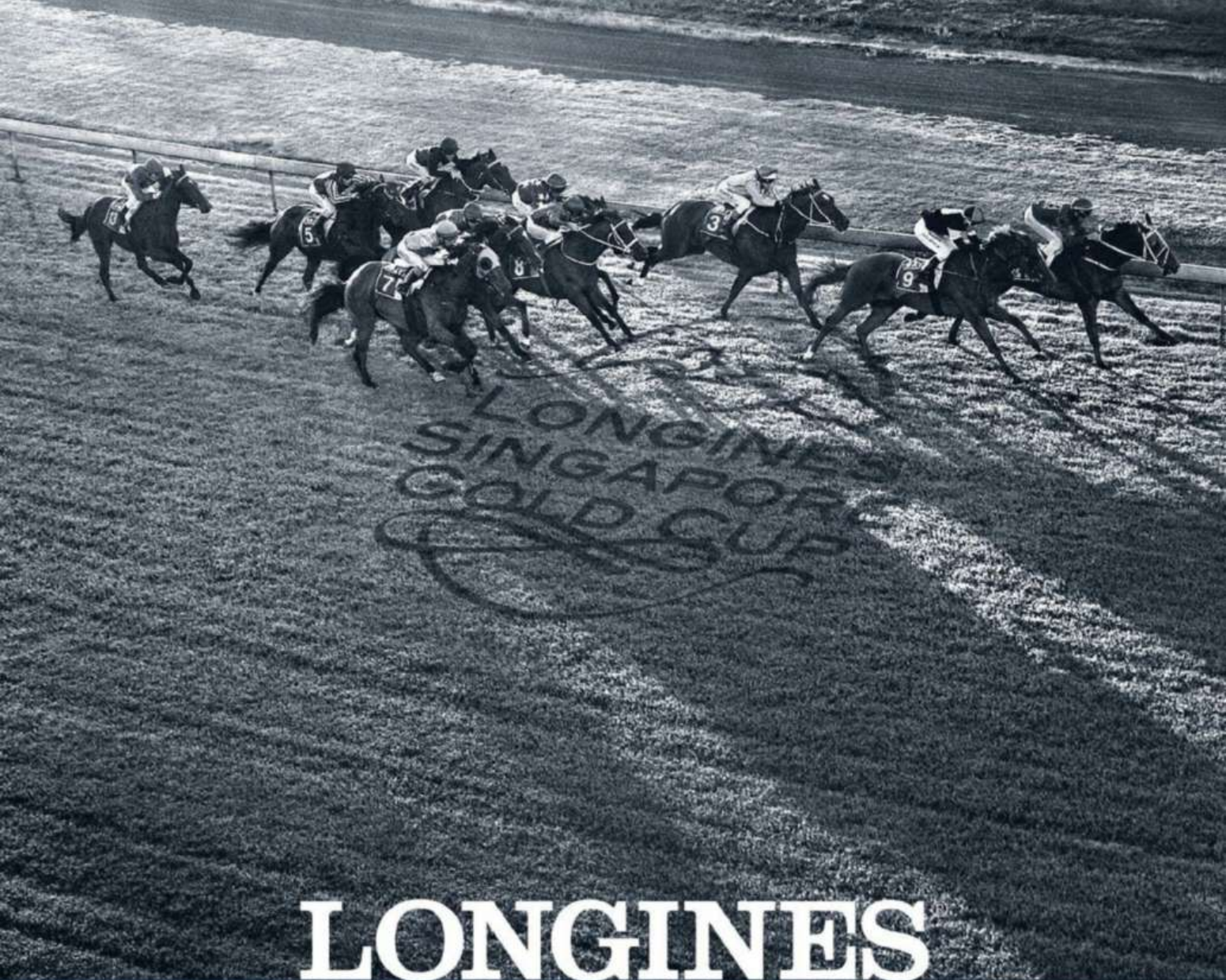
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